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MORE CHANNELS THAN ANY OTHER TV MAG!

5-11 AUGUST 2023

TV & Satellite week

TV TO GET EXCITED ABOUT!

NEW

Annika

Nicola Walker reveals the secrets of series two

STARTS WEDNESDAY ON ALIBI

NEW

ONLY MURDERS IN THE BUILDING

Meryl Streep joins the gang

LIVE!

PREMIER LEAGUE

Kick off the season with our essential guide

HotList This week's 28

Saturday 5

Women's World Cup
***FOOTBALL** BBC1 & ITV1, times vary*
The last-16 stage of the competition gets under way in New Zealand and Australia today – and continues until Tuesday – as the teams play for a place in the quarter-finals.

Summer Nations Series
***RUGBY UNION** Prime Video*
The major European nations are in action as they prepare for the Rugby World Cup. Scotland host France (kick-off 3.15pm), England travel to Cardiff to play Wales (5.30pm) and Ireland take on Italy (8pm).

Game4Ukraine
***FOOTBALL** Pick, Sky Max & Sky Showcase, kick-off 6pm*
Legend Andriy Shevchenko and Arsenal's Oleksandr Zinchenko are among the stars lining up in this charity match at Stamford Bridge to raise money for Ukraine.

The Queens that Changed the World
***DOCUMENTARY** C4, 7.15pm*
A new series looking at influential female monarchs starts with England's Elizabeth I, who aimed for peace and prosperity in a nation divided by religious turmoil.

■ Full listings start on **p35**

Sunday 6

Amazing Hotels: Life Beyond the Lobby
***FACTUAL** BBC2, 8pm*
Robert Rinder replaces Giles Coren as Monica Galetti's travelling companion for this eight-part series, which starts at the Kasbah Tamadot hotel in Morocco.

Levison Wood: Walking with Orangutans
***WILDLIFE** C4, 8pm*
The former Army officer is on the trail of endangered animals in some unforgiving environments – beginning in Borneo with orangutans. ***See Documentaries, p21***

Crazy Rich Agents: Selling Dream Homes
***DOCUMENTARY** BBC2, 9pm (box set, BBC iPlayer)*
Five rookie estate agents working flat out to sell luxury properties in London know they'll only get paid if they make a sale.

Alone
***REALITY** C4, 9pm*
Eleven ordinary people are dropped into the Canadian wilderness, where they must each survive on their own with only basic tools – a £100,000 prize awaits the last person standing. ***See Documentaries, p20***

■ Full listings start on **p45**

Monday 7

Animal Park
***FACTUAL** BBC1, 1.45pm*
Ben Fogle, Kate Humble and last year's *Strictly* winner Hamza Yassin host three weeks' worth of updates from Longleat – including news of the park's first male koala. Continues all week. ***See feature, p11***

Wolf
***CRIME DRAMA** BBC1, 9pm*
DI Jack Caffery (above) is still searching for information on his brother's disappearance – and trying to piece together the story of a handwritten note pleading for his help. Continues tomorrow. ***See feature, p12***

Remarkable Places to Eat
***TRAVELOGUE** More4, 9pm*
There's a change of channel (from BBC2) but the format remains the same as well-known foodies take Fred Sirieix to a city that is home to their favourite eateries, starting with Dermot O'Leary.

Winning Time: The Rise of the Lakers Dynasty
***DRAMA** Sky Atlantic, 9pm*
Following their 1980 NBA championship victory, off-the-court issues threaten the Lakers' efforts to defend their crown and defeat arch-rivals the Boston Celtics.

■ Full listings start on **p55**

Tuesday 8

Only Murders in the Building
***COMEDY DRAMA** Disney+*
Martin Short, Selena Gomez and Steve Martin return for season three, in which the amateur sleuths investigate the murder of an actor. ***See Your Watchlist, page 17***

Ultimate Wedding Planner
***REALITY** BBC2, 9pm*
Eight wedding planners try to impress industry expert Raj Somaiya, *Dragons' Den* entrepreneur Sara Davies and *First Dates* host Fred Sirieix. ***See feature, p8***

Cooking with the Stars
***COOKERY** ITV1, 9pm*
There are only three celebrities left in the kitchen, as Emma Willis and Tom Allen host the final of the cooking series. But which one will be able to keep their nerve and serve up the winning dish?

The Good Doctor
***DRAMA** Sky Witness, 9pm*
Shaun seeks legal representation from Joni DeGroot (Kennedy McMann), a young lawyer with OCD who'll be the main protagonist in forthcoming spin-off *The Good Lawyer*. ***See feature, page 12***

■ Full listings start on **p65**

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best shows

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Wednesday 9

High School Musical: The Musical: The Series

***MUSICAL DRAMA** Disney+*

The fourth and final season begins with the students back at East High, where they discover that *High School Musical 4: The Reunion* will be filmed at their school.

Killer Storm: The Fastnet Disaster

***DOCUMENTARY** Channel 5, 9pm*

The story of the freak weather that struck a major sailing race in 1979, with the loss of 21 people. The rescue operation was Britain's biggest ever in peacetime.

Annika

***CRIME DRAMA** Alibi, 9pm*

Nicola Walker's DI Strandhed returns for a second series, which begins with the boss of the Marine Homicide Unit taking possession of a phone containing footage of a nasty drowning. *See feature, page 4*

Rob & Romesh Vs...

***ENTERTAINMENT** Sky Max & Sky Showcase, 9pm*

Romesh Ranganathan and Rob Beckett must show off their musical skills as they are invited to join the London Philharmonic Orchestra at Royal Festival Hall.

■ Full listings start on **p75**

Thursday 10

The Case Against Cosby

***DOCUMENTARY** ITVX*

This two-parter tells the story of Andrea Constand (above), the only complainant who has managed to gain a conviction against disgraced TV star Bill Cosby – a conviction that was later overturned.

Painkiller

***DRAMA** Netflix*

Matthew Broderick (above) leads the cast of this six-part drama about the opioid epidemic, playing Richard Sackler, the man who ran the company behind the addictive pain-relief drug OxyContin.

The Hundred

***CRICKET** Sky Sports Cricket, Sky Sports Main Event & Sky Sports Mix, from 2.30pm*

A double-header at Edgbaston sees Moeen Ali's Birmingham Phoenix take on Welsh Fire, with clashes in both the women's and men's competitions.

The Hidden World of Hospitality

***FACTUAL** BBC2, 8pm*

This week, chef Tom Kerridge explores the UK's recruitment crisis. In London, he learns about an innovative floating hotel with a unique on-the-job training scheme.

■ Full listings start on **p85**

Friday 11

Red, White & Royal Blue

***ROMANTIC COMEDY** Prime Video*

A bitter feud between Britain's Prince Henry (Nicholas Galitzine) and the US President's son (Taylor Zakhar Perez) threatens to derail relations between the countries. *See Your Watchlist, page 14*

Heart of Stone

***ACTION THRILLER** Netflix*

Wonder Woman's Gal Gadot (above) is an MI6 officer who also works for a super-secret peacekeeping agency designed to neutralise global threats. Jamie Dornan also stars. *See feature, page 6*

Premier League

***FOOTBALL** Sky Showcase, Sky Sports Main Event & Sky Sports Premier League, k-o 8pm*

England's top flight returns with newly promoted Burnley, managed by Vincent Kompany (above), versus his old club Manchester City. *See Sport Week, p28*

The Reunion

***DRAMA** ITV1, 9pm & 10pm (box set, ITVX)*

Ioan Gruffudd plays a novelist obsessed with the disappearance of a friend 25 years ago in this six-part mystery set in the south of France. *See feature, page 7*

● ***Previously shown on ITVX***

■ Full listings start on **p95**

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From left: DC Ferguson, DS Clarke, DI Strandhed, DS McAndrews and DC Weston

TRUE confessions

Nicola Walker returns as a marine detective who reveals her inner-most thoughts to the camera

NEW CRIME DRAMA
Annika
Wednesday, 9pm, Alibi

As we discovered in the first season of Alibi's hit crime drama *Annika*, Detective Inspector Annika Strandhed has a penchant of revealing her thoughts to viewers by speaking directly to the audience through the camera.

This habit played a pivotal role in the finale of the series – recently reshown on BBC1 – as Annika (*The Split*'s Nicola Walker) confessed to viewers that her colleague DS Michael McAndrews (Jamie Sives) is the father of her teenage daughter Morgan (Silvie Furneaux).

Michael, however, remains oblivious – and as *TV&Satellite Week* joins Walker on set in the Scottish town of Greenock on a sunny September morning, she confirms that this secret is weighing heavily on her character's mind in season two.

'We pick up approximately two minutes later – Annika's just told viewers that Michael is the father, then walked straight out of the pub,' says Walker. 'She's normally very honest, talking down the barrel of the lens to everyone. She knows what she should do, but she prevaricates with telling Michael the truth. She uses the viewers as a therapist, essentially. She's in denial for quite a lot of the season.'

Fortunately for the detective, a timely interruption arrives in the shape of a new investigation. A phone containing footage of a brutal drowning has been handed in to the police, so Annika's Marine Homicide Unit is right back on the job.

RELENTLESS

'They've had no sleep and they're pushing straight on with another case,' says Walker.

The 53-year-old star admits she found the process of looking into the camera lens unsettling at first, but it soon became second nature.

'I love it now,' she enthuses. 'In my head, I imagine I'm talking directly to a single person, and that helps. It stops you feeling like you're a presenter. But you have to defocus slightly so you don't see your reflection in the lens – I'm slightly concerned that I go quite cross-eyed!'

Ukweli Roach and Jamie Sives

Walker's enthusiasm for her character's fourth-wall-breaking tendencies has caused problems on other TV jobs.

'I went straight to filming *The Split* after the first season of *Annika*,' she recalls. 'I didn't do this during a

WORDS: STEVEN PERKINS. PHOTOS: UKTV

DS McAndrews investigates

FATHER FIGURE

Jamie Sives, 49, on playing DS Michael McAndrews – Annika's right-hand man and the secret father of her daughter...

Is Michael aware of the secret Annika's hiding from him? He's not! He's just Mr Magoo, crashing on by. She takes a bit of time before she eventually reveals it. But in the meantime, it's business as usual for Michael – he's not picking up any vibes.

What's it like filming the scenes where Annika speaks to the audience? It's very cleverly choreographed so none of us can be a witness to it. We filmed one scene where I was in the room, shuffling about, trying to look busy while Nicola was doing the piece to camera. I could turn my back on it, so it was fine.

Have you enjoyed getting back behind the controls of the team's boat again? It's weird – you turn up for work half-asleep, then you go into make-up and costume and then suddenly you get into a boat and you're away. In this season we even went under the Forth Bridge in a speeding rib!

In season one, you had to jump into a lot of freezing-cold water. Do you have to do that again? Yes, I'm going back in! I do quite enjoy it – it's refreshing. I enjoy the action scenes, although I'm starting to find the running a bit challenging. I had to chase down a young lady and I pulled a hamstring. I like to think of myself as a bit of an action character, but I hope I don't have to chase Tom Cruise any time soon!

take because I'm not insane, but as soon as they shouted "Cut!" I was looking straight down the barrel. I kept getting told off!'

SPEAKING THE LANGUAGE

Annika began life as *Annika Stranded*, on BBC Radio 4, and Walker has found the journey from radio to screen very satisfying.

'Initially I was concerned, because radio gives you a line into the listener's kitchen or morning walk – it's very one-on-one,' she reflects. 'But now the TV version feels very comfortable because Annika's line is down the lens. We've made it different, but maintained that intimate relationship.'

The radio series was set in Oslo, and despite the shift to Glasgow for TV, Annika maintains her Norwegian heritage – which means that Walker is occasionally called upon to speak the language. Luckily, one of her best friends is Norwegian and happy to help out with pronunciation.

'She's very patient,' reveals Walker. 'I send her frantic WhatsApp messages, saying, "Can you just say that line again, but much more slowly?" And we've also got Bjørn [Ståle Bratberg], our director of photography, who's Norwegian as well – so that's handy.'

For *Annika*'s first run, Walker and Sives learnt how to pilot the Marine Homicide Unit's rigid inflatable boat, or 'rib'. But since filming the first season, Walker's enthusiasm for life on the ocean has diminished.

'I've slightly lost the desire for extreme adrenaline at work,' she smiles. 'Normally, as an actor, your job is to learn the words and say them truthfully to the other actor in the scene. But when they add in "and don't crash this very expensive boat" to your responsibilities, I'm not good under that sort of pressure!'

DS Michael McAndrews (Jamie Sives) and DI Annika Strandhed (Nicola Walker)

Shoot to thrill

Gal Gadot is a kick-ass super-spy in an explosive adventure also starring **Jamie Dornan**

NEW FROM NETFLIX

NEW ACTION THRILLER

Heart of Stone

From Friday 11 August, Netflix

Move over, James Bond and Jason Bourne! There's a new spy in town – and she's played by none other than Wonder Woman herself, Gal Gadot, in an epic action thriller featuring crazy car chases, fierce shoot-outs, breakneck skydiving and much more.

The new Netflix film follows intelligence operative Rachel Stone, who appears inexperienced to her fellow spies in an elite MI6 team headed up by charming secret agent Parker (Jamie Dornan).

However, Rachel is, in fact, a highly skilled field agent who's leading a double life while working for the Charter, a shadowy organisation that uses the latest AI technology to keep the world's peace.

When brilliant-yet-vengeful hacker Keya Dhawan (Alia Bhatt) steals the 'heart' of the Charter, which is the source of its technological power, Rachel's two lives threaten to collide. As she sets off on a globe-trotting mission to retrieve the Charter's most powerful and dangerous asset, can she stop it from falling into the wrong hands while also protecting her MI6 team, who are fast becoming like a family?

'It was important to me that Rachel be a character who can fight, but I also wanted her to be able to use her brain, intuition and emotions. She doesn't just run in, guns blazing,' says Israeli star Gadot, 38, who's best known for her multiple outings in the DC Universe as superhero goddess Wonder Woman as well as for the Fast & Furious franchise.

FRESH PERSPECTIVE

'Rachel is a new team member, having only been in MI6 about a year. She's learning the ropes and downplaying her skills, so no one is aware of her hidden abilities,' she adds. 'I'm a big fan of James Bond, Jason Bourne and *Mission: Impossible*. But I wanted to create a strong, female-driven action movie that is for everybody, not a male story that's been done many times already.'

The cast also includes Sophie Okonedo as Rachel's mentor (code name: King of Hearts) within the Charter, while Matthias Schweighöfer is the Charter's geeky tech specialist (code name: Jack of Hearts). Look out for *Motherland* star Paul Ready as Max Bailey, Rachel's closest confidant at MI6, plus *Gangs of London*'s Jing Lusi as cool, sharpshooting field agent Theresa Yang.

With jaw-dropping stunts and filming locations spanning the Italian Alps, Iceland, Portugal, the UK, US and the Sahara Desert, viewers will be on the edge of their seat from the start.

'One of the things that drew me to the film was the epic scale of it,' says *Belfast* star Dornan, 41. 'I always want to test myself and I've dipped my toe a little bit into action, but not to this scale. I did every stunt I was allowed to do, especially the wire and harness work. I also enjoyed fighting in a cable car as it was coming down a mountain in Italy!

'It's huge, exciting and entertaining, as well as hopefully being a fresh take on a genre that people think they know. When my daughters are older, I can't wait to show them this female-led, action spy thriller.

'It's important for them to see someone like Gal, who is not only smart and beautiful, but can kick ass on screen in a big way.'

Jamie Dornan plays Parker, who heads up an elite MI6 team

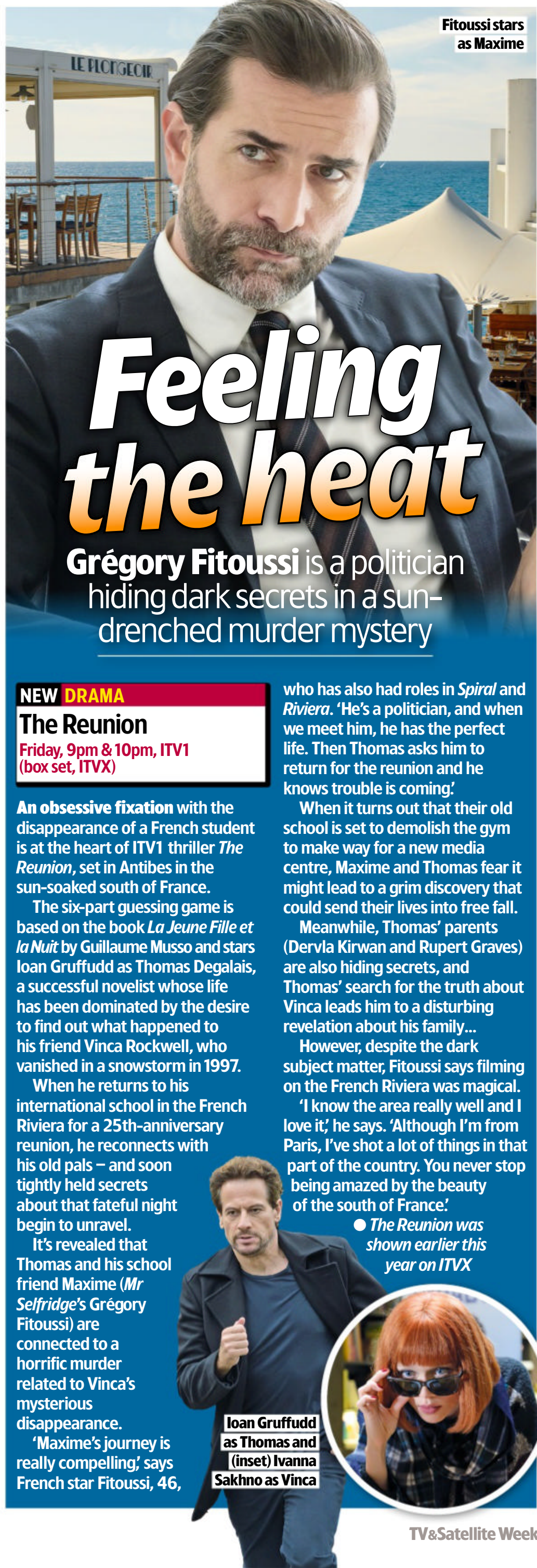
Secret agents Theresa Yang (Jing Lusi) and Parker

WORDS: HANNAH DAVIES, REBECCA MAHONEY; PHOTOS: GETTY, ITV, NETFLIX

'I wanted to create a strong, female-driven action movie that is for everybody'

GAL GADOT

Gal Gadot as Rachel Stone



Fitoussi stars as Maxime

Feeling the heat

Grégory Fitoussi is a politician hiding dark secrets in a sun-drenched murder mystery

NEW DRAMA

The Reunion

Friday, 9pm & 10pm, ITV1 (box set, ITVX)

An obsessive fixation with the disappearance of a French student is at the heart of ITV1 thriller *The Reunion*, set in Antibes in the sun-soaked south of France.

The six-part guessing game is based on the book *La Jeune Fille et la Nuit* by Guillaume Musso and stars Ioan Gruffudd as Thomas Degalais, a successful novelist whose life has been dominated by the desire to find out what happened to his friend Vinca Rockwell, who vanished in a snowstorm in 1997.

When he returns to his international school in the French Riviera for a 25th-anniversary reunion, he reconnects with his old pals – and soon tightly held secrets about that fateful night begin to unravel.

It's revealed that Thomas and his school friend Maxime (*Mr Selfridge*'s Grégory Fitoussi) are connected to a horrific murder related to Vinca's mysterious disappearance.

'Maxime's journey is really compelling,' says French star Fitoussi, 46, who has also had roles in *Spiral* and *Riviera*. 'He's a politician, and when we meet him, he has the perfect life. Then Thomas asks him to return for the reunion and he knows trouble is coming.'

When it turns out that their old school is set to demolish the gym to make way for a new media centre, Maxime and Thomas fear it might lead to a grim discovery that could send their lives into free fall.

Meanwhile, Thomas' parents (Dervla Kirwan and Rupert Graves) are also hiding secrets, and Thomas' search for the truth about Vinca leads him to a disturbing revelation about his family...

However, despite the dark subject matter, Fitoussi says filming on the French Riviera was magical.

'I know the area really well and I love it,' he says. 'Although I'm from Paris, I've shot a lot of things in that part of the country. You never stop being amazed by the beauty of the south of France.'

● *The Reunion was shown earlier this year on ITVX*

Ioan Gruffudd as Thomas and (inset) Ivanna Sakhno as Vinca

Here comes the bride!

Confetti at the ready... **Fred Sirieix** is among the judges as eight aspiring wedding planners battle it out in a new series

NEW REALITY

Ultimate Wedding Planner

Tuesday, 9pm, BBC2

There are tears of joy and soaring stress levels as eight novice wedding planners battle it out to make six couples' dream big days come true in BBC2's new six-part series *Ultimate Wedding Planner*.

Keeping a beady eye on their efforts is *First Dates*' Fred Sirieix and his fellow judges, *Dragons' Den* businesswoman Sara Davies and wedding planner to the stars Raj Somaiya. Throughout the *Apprentice*-style competition, the trio will be sending home the weakest planners until just two face a final challenge to decide who'll be crowned the winner.

The series begins with the eight planners, including a former hairdresser from Belfast, a wedding DJ from Leicestershire and a financial analyst from Luton, working together as a team with a £10K budget to transform one couple's big day.

'Each week they have three days of planning and preparation before the actual wedding and must decide which of them will be head planner, who will focus on design and who will oversee the experience element,' says Davies, 39.

The first wedding sees the planners tasked with creating an aviation-inspired wedding for young Manchester couple Sammy and Lewis, who have a passion for planes and are tying the knot beneath the wings of a Concorde.

Here, Sirieix, 51, tells us more…

What makes this different from the other wedding shows we see on TV? It's a contest but it's intimate, it's warm, it makes you laugh and sometimes it makes you want to cry. What I love is you get to see these two worlds – the beautiful story of the bride and groom all happy on their wedding day, and then the carnage behind the scenes with the planners!

What must the planners do to impress you judges? They have to work together and bring their A game to deliver creative but also incredibly personal ceremonies for our deserving couples. The stakes couldn't be higher and whoever fails to impress us gets sent home.

Can you give us a flavour of how the first wedding goes? It's an aviation-themed wedding for a young couple who love planes and are getting married underneath a Concorde. The planners really wanted to deliver, but it was very stressful, chaotic and disorganised. There needs to be military precision,

Plane fans Lewis and Sammy

WORDS: TESS LAMACRAFT, ALISON SLADE. PHOTOS: BBC, ITV

Wedding planner Chantelle hard at work

and timing is definitely key. Our planners were supposed to have everything ready to greet the bride and groom and their guests at 11am but it just didn't happen!

What was it like being a judge?
The best aspect was giving constructive feedback and seeing the planners' progression and how much they learnt and improved along the way. The worst was having to say, 'This is just not good enough!' But it was a quest for excellence and we're pushing them to their very limits. It's a contest and only the very best will do.

You and Sara Davies experience each wedding first-hand. Did you have to remain professional or could you let your hair down?
Sara was drinking like a fish! She loves gin and tonic. I had to pick her up from under the table one night. She lost her shoe and her hair was all over the place!

Show judges Raj Somaiya, Sara Davies and Fred Sirieix

'There needs to be military precision, and timing is definitely key'
FRED SIRIEIX

STORY OF THE WEEK

Soap Diary

This week's soaps at a glance

Laurel tries to cajole Colin

EMMERDALE

Laurel is held hostage by Marshall's dad Colin

» **As Jai heads** to India for Rishi's funeral, Nicola suggests to Laurel that perhaps the recovering drug addict shouldn't be making the trip on his own.

Realising her pal is right, Laurel decides to follow her hubby to the airport, but she has a job to do en route. Former lodger Marshall calls and asks her to grab his passport from his dad Colin's house – he doesn't want to face Colin, who rejected him for being gay.

Laurel lets herself in, and when Colin appears, she accepts his offer of a cuppa. She decides a hasty exit is in order, however, when his tone turns evangelical and he refers to his son as 'the 'devil'... only to find herself trapped. Colin then grabs her phone and locks her in Marshall's bedroom.

Negotiations, prayers and a desperate plan unfold as Colin's unstable behaviour escalates. Laurel escapes from the bedroom by hitting Colin over the head, but her exit is thwarted when she finds the front door locked.

Jai, Nicola, Suni and Arthur eventually realise she's AWOL. Can they rescue her from Colin's clutches?

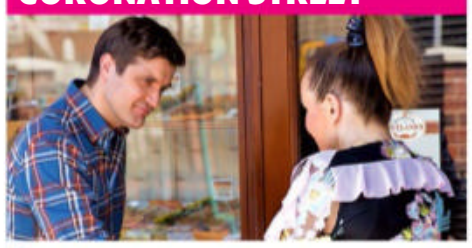
Jai, Arthur and Suni become uneasy

» **PLUS** Dan and Amelia plot to flee to Ireland to avoid his prison sentence, Nate gets dragged into some dodgy dealing, Gabby heads to Portugal as her crush on Billy deepens, and Bernice urges Bob not to push Wendy away.

whattowatch.com/soaps

ALSO IN THE SOAPS THIS WEEK...

CORONATION STREET



» Gemma tries to persuade her ex Henry Newton to buy the Rovers (above), Stephen worries as Rufus' widow suspects foul play, Eliza's dad comes back into her life, Lauren gets a job at Roy's Rolls, and Adam tries to make Sarah jealous.

EASTENDERS

» Ben (right) seeks help as his bulimia is exposed, Whitney refuses to try for another baby with Zack, Reiss thinks Sonia has cheated on him, Patrick faces a decision when Yolande returns, and Freddie visits Little Mo.

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Dances with wolves

Strictly's **Hamza Yassin** returns to *Animal Park* to film wolves

Cameraman Yassin gets a closer look

NEW FACTUAL

Animal Park

Monday-Friday, 1.45pm, BBC1

Hamza Yassin won the nation's hearts with his triumphant stint on *Strictly Come Dancing* last year, but now the wildlife cameraman is returning to his day job, quietly observing animals such as wolves in the great outdoors.

He's back on daytime show *Animal Park*, which takes viewers behind the scenes at Longleat Safari Park in Wiltshire, where he'll be working alongside presenters Kate Humble and Ben Fogle, and using his expertise to help the keepers in their duties and bring us up close and personal with incredible wild animals.

We caught up with Yassin, 33, to hear more…

With *Strictly* pro partner Jowita Przystal

Why is *Animal Park* such a special show for you? I came to the UK at quite a young age and I didn't know any English, but I watched British wildlife documentaries. I've been a fan of *Animal Park* since I was a kid, so it's really surreal to work on it now.

What animals have you filmed for this new series? I worked with the wolves, as the keepers were trying to encourage them to breed, and it was incredible to be in the same enclosure with them on foot. It was a bit scary because you know they're powerful enough to take you down.

Big Pig the warthog

Who else do we meet? I use my long lens to check if a warthog's tusk has broken off – unlike a dog, you can't have a look in his mouth and then call the vet, so I was trying to see his tusk with the camera. He gave me the slip a couple of times, even though I tried to entice him with quail eggs.

How do you stay patient when you're waiting to get the right shot? You're playing detective, constantly deciphering what the animals are going to do. It's easier on *Animal Park*, but I once waited two years for a shot of eagles hunting geese for David Attenborough's *Wild Isles* series!

Are you glad to be back among the animals after your time in the *Strictly* ballroom? Yes, nature is where I feel the most comfortable – I don't have to be in sparkles here!

You like…

Mortimer & Whitehouse: Gone Fishing on BBC2

Since the first series in 2018, comedian pals Bob Mortimer and Paul Whitehouse have fished some of the UK's most stunning rivers, exchanging warm-hearted banter and staying in quirky local accommodation along the way.

Now try this…

Tales from the Riverbank with Clare Balding on Channel 5

This upcoming six-part series will see Clare Balding visit some of Britain's most iconic rivers, meeting the wildlife that call it home, the locals who live and work on the riverbank and the holidaymakers who enjoy its tranquil beauty. Along the way, she stops off at famous landmarks and samples some local delicacies.

WORDS: EMMA BULLIMORE, RICHARD MCCLURE. PHOTOS: BBC, CHANNEL 5

Look Who's Back...

A familiar face appearing in a new show this week

NEW Robert Rinder

Amazing Hotels: Life Beyond the Lobby

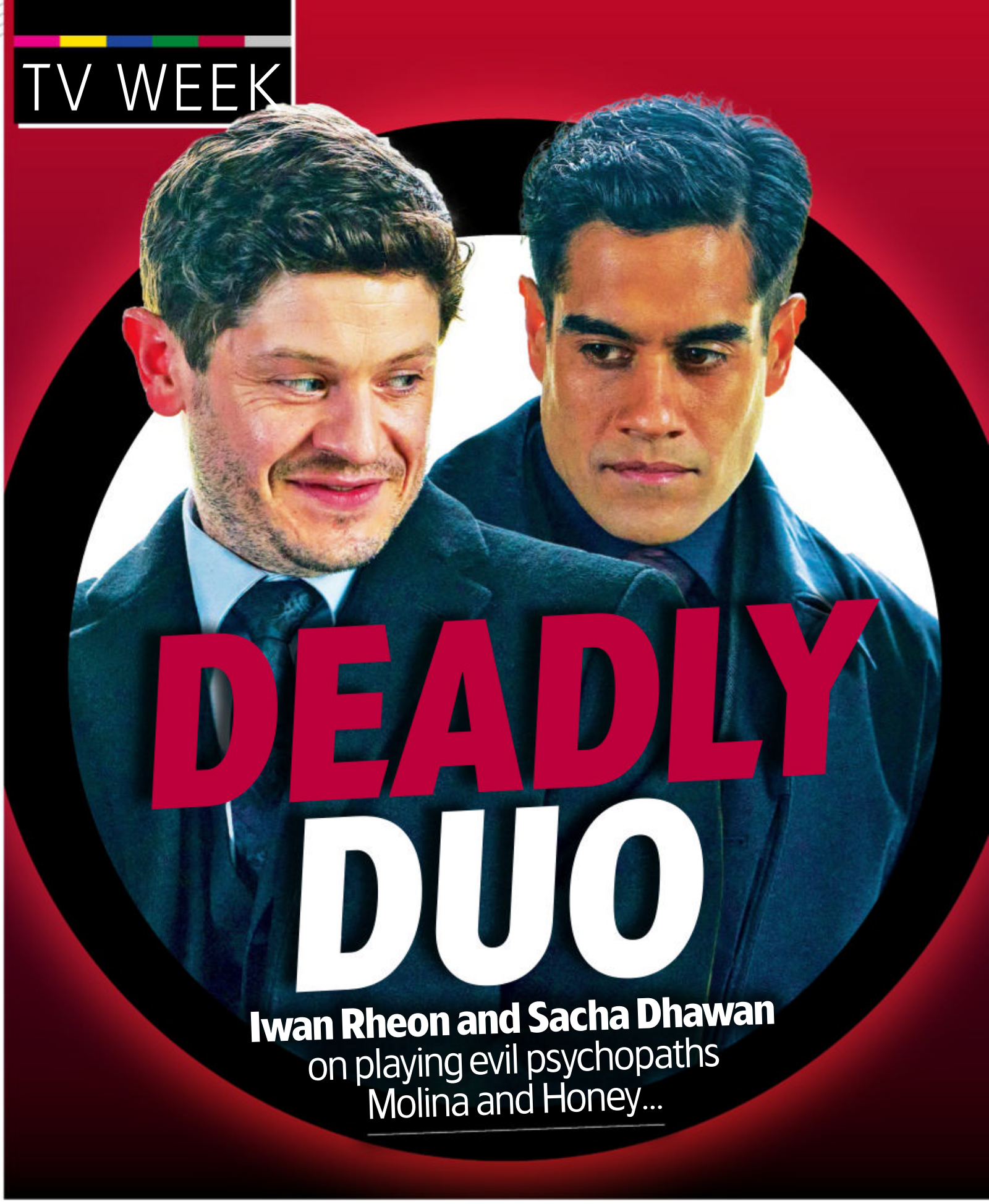
Sunday, 8pm, BBC2

Robert Rinder was a high-profile criminal barrister before he shot to fame with ITV's *Judge Rinder* (2014–2020). His other TV highlights include competing in 2016's *Strictly Come Dancing*, tracing his Jewish family's history in *Who Do You Think You Are?*, fronting *Rob Rinder's Interrogation Secrets* and his regular presenting gig on *Good Morning Britain*.

HIS NEW SHOW

This week, Rinder joins Monica Galetti as the new co-host on BBC2's *Amazing Hotels: Life Beyond the Lobby*, replacing journalist Giles Coren. The duo visit high-end hotels in the Maldives, Norway, Sri Lanka, South Africa and Scotland during the eight-parter, which sees them working alongside hotel staff. The opening episode features Morocco's Kasbah Tamadot, owned by Sir Richard Branson. 'It has to be the best job in the world and I keep pinching myself,' says Rinder, 45. 'All the hotels have completely different personalities.'

Galetti and Rinder



DEADLY DUO

Iwan Rheon and Sacha Dhawan on playing evil psychopaths Molina and Honey...

Law & disorder

Meet the stars of *The Good Doctor*'s upcoming **spin-off**...

DRAMA

The Good Doctor

Tuesday, 9pm, Sky Witness

The producers of *The Good Doctor* recently announced a spin-off from the popular US medical drama, and this week we get our first chance to meet the main characters from the upcoming show.

The Good Lawyer will land on our screens at a later date, but this week's episode of *The Good Doctor* introduces us to legal eagle Joni DeGroot (Kennedy McMann) when Shaun (Freddie Highmore) hires her to represent him when he's sued for malpractice after amputating the hand of an accident victim.

Like autistic Shaun, Joni has a neurological condition – in her case, obsessive-compulsive disorder (OCD) – and the pair quickly bond as two talented people trying to achieve success in difficult circumstances.

NEW PERSPECTIVES

'Joni is unique – she is eager, whip-smart and excitable – and a part of that is because she has OCD,' says McMann, 26, who lives with the condition in real life. 'It is a wonderful opportunity to get an insight into what people with OCD live with every day. It's a huge part of who I am.'

The episode also features *Desperate Housewives* star Felicity Huffman as Janet Stewart, a partner at the law firm where Joni works, and who will be a series regular in *The Good Lawyer*.

The role marks Huffman's return to acting following the college-admissions scandal, which saw the 60-year-old serve jail time in 2019 for hiring someone to correct the answers on her daughter's university entrance exam.

'Janet has taken Joni under her wing,' says Huffman, 'but she is also very realistic about what are Joni's challenges and what are her strengths.'

WORDS: NICK CANNON, RICHARD MCCLURE, ELAINE REILLY. PHOTOS: BBC, ITV, SKY, HBO

CRIME DRAMA

Wolf

Monday & Tuesday, 9pm, BBC1

Honey menaces a captive Matilda

Both Iwan Rheon and Sacha Dhawan have a history of playing nasty characters. Rheon gained worldwide fame as sadistic Ramsay Snow in *Game of Thrones,* while Dhawan unleashed death and destruction as The Master in *Doctor Who*.

Now, the actors have teamed up to play a pair of equally cold-hearted characters, Molina and Honey, in BBC1 crime drama *Wolf*. They've inflicted torture and terror on the well-off Anchor-Ferrers family in their stately Welsh home since they turned up pretending to be detectives, before holding mum Matilda (Juliet Stevenson), dad Oliver (Owen Teale) and daughter Lucia (Annes Elwy) hostage.

Quite what their overall plan is remains unclear, but in this week's episodes, their link to the infamous local 'Donkey Pitch' murders five years previously becomes apparent.

Stevenson, Teale and Elwy as the Anchor-Ferrers family

And the pair's cruel games are stepped up, with Matilda Anchor-Ferrers bearing the brunt of their rage.

'They're idiots at the end of the day, but it's unsettling because they're pretty incompetent and they have a penchant for the theatrical,' says Rheon, 38. 'Honey is very much the leader and Molina is a bit of a sidekick, although, in a way, their relationship is very loving.'

However, there are big arguments between the unhinged pair when it becomes clear Molina has been a little careless in the execution of their criminal activities. Then Honey discovers evidence that a mysterious stalker could be watching their terror campaign at the house and he vents his frustrations on his partner.

'Unlike Molina, Honey is very tidy, sharp and focused about making this job meticulous. He wants to complete it to the best of his ability,' says Dhawan, 39. 'The stakes are so high because they're kidnapping a family, so there are a lot of risks and things that could go wrong. Honey and Molina really are chalk and cheese, but Molina is the only person Honey has and they've got to function together to get out alive.'

Felicity Huffman and Freddie Highmore as Janet and Shaun

Kennedy McMann stars as Joni

What else can I watch?

We search the TV schedules to uncover the shows you might have missed...

LIVE

Game4Ukraine

Saturday, kick-off 6pm, Sky Max, Sky Showcase & Pick

Stamford Bridge hosts a special football match to support Ukraine following its invasion by Russia. A host of soccer legends – including Andriy Shevchenko and Arsenal's Oleksandr Zinchenko (both pictured) – take to the pitch as a team managed by Chelsea Women boss Emma Hayes takes on Arsène Wenger's squad. There's music from Melanie C and Tom Grennan, among others.

NEW

Winning Time: The Rise of the Lakers Dynasty

Monday, 9pm, Sky Atlantic

John C. Reilly returns as flashy Los Angeles Lakers owner Jerry Buss as season two of the basketball drama rejoins Magic Johnson (Quincy Isaiah) and the team following their victory in 1980's NBA championship. But as the Lakers set their sights on defeating arch-rivals the Boston Celtics, several of them are grappling with challenging off-court issues...

Kate Garraway's Life Stories

Wednesday, 9pm, ITV1

Kate Garraway describes Ruby Wax (left) as a 'hero of mine since I first saw her on TV', so there should be plenty of rapport when she interviews the US comic in the second episode of *Life Stories*. Expect Wax to reveal more about her battle with depression, something that recently resurfaced while she was researching her latest book.

NEW

Billions

Friday, 9pm, Sky Atlantic

A familiar face makes a comeback for the final run of the drama as Damian Lewis (left) returns as Bobby Axelrod, who left the show at the end of season five. As the action picks up, Chuck Rhoades (Paul Giamatti) is still determined to bring Mike Prince (Corey Stoll), who announces plans to run for US President, to justice.

● ***The new season also begins on Paramount+ from Friday 11 August***

Special relationship

Red, White & Royal Blue

NEW *Available:* ***Friday 11 August***
Genre: ***Romantic comedy***

When Alex (Taylor Zakhar Perez), the son of US President Ellen Claremont (Uma Thurman), is invited to a royal wedding in Britain, he's expected to be on his best behaviour and be as diplomatic as possible. Unfortunately, things don't quite turn out that way...

Alex has an ongoing feud with Prince Henry (Nicholas Galitzine), which comes to a head when a fight between the pair causes the destruction of the very expensive wedding cake. To avoid a PR disaster, they are instructed to stage a high-profile friendship until the gossip dies down – but the campaign proves to be far more effective than either of them anticipated.

'In doing their damage control, they discover that they actually like each other – and love each other,' says Matthew López, who directed and co-wrote this adaptation of Casey McQuiston's bestselling novel. 'This was absolutely a passion project for me – I read the book, and it zoomed straight to the top of my "must-do" list. The idea of anybody else making this movie would have thrown me into fits of jealousy.'

López was acutely aware that the key to the film's success would be in casting lead actors with credible chemistry, and he was delighted that Zakhar Perez and Galitzine sparked together instantly.

'The nightmare scenario for me was finding two perfect actors who did not gel at all,' says López. 'But what was innate from the moment Taylor and Nick first met was that they played so incredibly well together.'

The two leads were equally keen to make their characters' relationship evolve believably.

'Nick and I felt a responsibility to bring to life these sexual moments that are in the book in a real, grounded way,' says Zakhar Perez. 'The intimate scenes were choreographed and specific when it came to whether it was a moment of passion, or a tender experience. In a relationship you go through different stages, and we got to explore those throughout the film.'

For Galitzine, another part of the appeal of the project was the chance to portray a character who was experiencing such an intense internal conflict.

'Henry feels a very strong sense of duty,

A romance between a **British prince and the US President's son** causes a scandal in a one-off romcom

From left: Stars Nicholas Galitzine, Malcolm Atobrah, Rachel Hilson and Taylor Zakhar Perez

but he's completely in denial of his own feelings,' he says. 'There's something very selfless, if not really heartbreaking, about that. He's in this totally solitary position of this role he was born into.'

In addition to Thurman as the US President, the film also features Stephen Fry in the role of Henry's grandfather, the British King – and López was delighted to have Fry on board.

'Stephen took no convincing whatsoever, and that was such a happy thing for me,' says López. 'And it was really important to us to create a lot of daylight between the fictional royal family that features in the movie and the actual royals. These characters aren't the Windsors, they are completely made up. But when we had Stephen Fry walk on set that day as this fictional king, I think everybody in the cast and crew stood to attention!'

What we're watching...

The shows being enjoyed by the *TVSW* team

NETFLIX Survival of the Thickest

Genre: Comedy Season: 1 Episodes: 8

At 38, aspiring New York stylist Mavis Beaumont (Michelle Buteau) has to rebuild her life after discovering her boyfriend of five years has been cheating on her. That means moving into a new apartment (with a very quirky room-mate) and trying to kick-start her career while no longer working alongside her ex – a well-established fashion photographer. Created by Buteau – a scene stealer in the romcoms *Marry Me* and *Always Be My Maybe* – this is an engaging sitcom with heart and a charismatic lead.

Paramount+ Quantum Leap

Genre: Sci-fi Season: 1 (Part 1) Episodes: 9

Top Gun: Maverick's Raymond Lee stars in an entertaining reboot of the sci-fi drama as Dr Ben Song, who, like Scott Bakula's Dr Sam Beckett in the original, can 'leap' into people's bodies over different timelines.

itvX Boris Becker: The Rise and Fall

Genre: Documentary Season: 1 Episodes: 2

The story of how the glittering tennis career of Wimbledon's youngest-ever champion was followed by one scandal after another – as told by his friends, coaches and the women in his life.

Now in production...

Three upcoming shows to look out for soon

Disney+ Alien

Filming is under way on the Disney+ prequel to Sir Ridley Scott's sci-fi saga, which is set amid a turbulent time on Earth. Alex Lawther (above) joins the cast of the series as soldier CJ, while Samuel Blenkin, Essie Davis and Adarsh Gourav also appear alongside Sydney Chandler.

prime video Romesh and Tom Take Takeshi's Castle

Romesh Ranganathan (above) and Tom Davis team up to narrate Prime Video's eight-part revival of the cult game show, in which contestants battle through outlandish obstacles to reach the elusive castle.

tv+ Born to be Wild

Apple TV+'s documentary will follow the fortunes of young animals including a Savanna elephant as they are released into the wild. Meanwhile, Apple TV+'s *Endangered Planet* explores how we can protect species including the Javan rhino.

WORDS: CAREN CLARK, JUDY EWENS, STEVEN PERKINS. PHOTOS: GETTY, ITV, NETFLIX, PARAMOUNT+, PRIME VIDEO

If you like travelogues...

Men in Kilts: A Roadtrip with Sam and Graham

NEW *Available: Fri 11 August*
Genre: Travelogue Season: 2
Eps: 4 (released weekly)

After exploring their Scottish homeland in season one, *Outlander* co-stars Graham McTavish and Sam Heughan take the camper van to New Zealand, where around 20% of the population have Scottish roots.

For fans of football documentaries...

We Are Newcastle United

NEW *Available: Friday 11 August*
Genre: Documentary
Season: 1 Episodes: 4 (released weekly)

Narrated by Alan Shearer, this docuseries gives the inside story of Newcastle United's 2022-23 season, which saw the club transformed under coach Eddie Howe (pictured) and its super-rich Saudi owners.

Griffin Gluck, Sadie Stanley and Lexi Underwood as Luke, Megan and Isabella

Cruel Summer

NEW *Available: Friday 11 August Genre: Drama*
Season: 2 Episodes: 10

There's a new cast, location and mystery for season two of the teen anthology series. This time, events are followed over three timelines as Isabella (Lexi Underwood), the daughter of diplomats, comes to stay with Megan (Sadie Stanley) and her family in the Pacific Northwest for the girls' senior year of high school. As the three timelines unfold – summer 1999, winter 1999, and summer 2000 – viewers get to see the girls' intense friendship with Megan's best pal Luke (Griffin Gluck), a love triangle that ends in tragedy. 'When I got the last episode, I was incredibly shocked,' says Underwood. 'It's not, "Who did it?" but more, "How did it happen?" People will be really satisfied with the ending.'

Painkiller

NEW *Available: Thursday 10 August*
Genre: Drama Season: 1 Episodes: 6

If you enjoyed Disney+ drama *Dopesick*, you won't want to miss this new Netflix series that explores the causes and consequences of the opioid epidemic in the US through the eyes of those who became addicted, the manufacturers of OxyContin, and an investigator seeking the truth. Matthew Broderick plays Richard Sackler, the real-life president of Purdue Pharma, while Uzo Aduba is Edie, an investigator for the US Attorney's office, and Taylor Kitsch plays Glen, a labourer who becomes addicted to the painkiller after injuring his back. 'It's not just about the Sacklers,' says executive producer Eric Newman. 'You can't understand the epidemic unless you look at all of the participants. The people who did it, the people who let it happen, the people who suffered from it – and the people who blew the whistle on it.'

Edie (Uzo Aduba) and Richard Sackler (Matthew Broderick)

The singing teens get their last hurrah

High School Musical: The Musical: The Series

NEW *Available: Wednesday 9 August Genre: Musical drama Season: 4 Episodes: 8*

Farewell, Wildcats! All our favourites from East High are graduating – but not before one last all-singing, all-dancing performance as the *High School Musical* mockumentary takes a final bow with this emotional fourth outing. Ricky, Gina, Kourtney, Ashlyn and friends excitedly return to their beloved high school to work on a new stage production, until plans are thrown into chaos when it's revealed Disney wants to make new movie *High School Musical 4: The Reunion* on location there – with the Wildcats playing extras. 'Season four has more singing, more dancing, more everything,' says Joshua Bassett, who reprises his role as heart-throb Ricky.

WORDS: CAREN CLARK, NATASHA HOLT, RICHARD MCCLURE, VICTORIA WILSON. PHOTOS: BBC, C4, CHANNEL 5, ©2023 DISNEY AND ITS RELATED ENTITIES, GETTY, NETFLIX, PRIME VIDEO, HULU, LIONSGATE+

Meryl Streep (left) plays Loretta

Selena Gomez, Steve Martin and Martin Short as Mabel, Charles and Oliver

Paul Rudd as Ben Glenroy

Stage fright

An actor's death causes turmoil as our favourite amateur sleuths return...

Disney+ Only Murders in the Building

NEW *Available: Tue 8 August Genre: Comedy drama Season: 3 Episodes: 10 (first two episodes from 8 August, then weekly)*

TV's unlikeliest sleuths tackle their trickiest case to date as Disney+'s *Only Murders in the Building* returns for more mystery and mayhem.

The comic whodunnit has already seen flamboyant theatre director Oliver (Martin Short), washed-up actor Charles (Steve Martin) and troubled artist Mabel (Selena Gomez) solve the murders of two residents of their Manhattan apartment block, The Arconia, while making a true-crime podcast.

This time around, the pals become embroiled in backstage rivalries after actor Ben Glenroy, played by Paul Rudd, dies on the opening night of Oliver's new Broadway play *Death Rattle*, in which Charles also appears.

But Oliver, Charles and Mabel soon uncover some shocking secrets as they investigate Ben's demise and the lives of his colleagues.

ROLE OF HONOUR

For Rudd, joining the cast was a thrill after his fleeting appearance at the end of the last run.

'Surreal doesn't even cover it,' smiles the *Ant-Man* star. 'I adore Selena, she's the greatest. And for a comedy fan like myself, Martin Short and Steve Martin are like Mount Rushmore. To get to work with them, I still can't believe it.'

Rudd is not the only A-lister who jumped at the chance to appear in the Emmy-winning series – Oscar-winner Meryl Streep plays jobbing actor Loretta Durkin, who has landed a role in *Death Rattle*.

'Working with Meryl takes your breath away. She paved the way for so many actresses and told so many powerful stories,' says Gomez. 'She couldn't have been more humble –she was so sweet to everyone. It was really inspiring.'

With its starry cast, rich seam of wry humour and even more twists and turns, Gomez believes the new run could be the best yet.

'When you're part of a series that means a lot to people, you want to beat what you've done,' she says. 'The team is constantly surprising me with storylines and the mystery of it all.'

EVERYONE'S TALKING ABOUT...

We point you towards the TV moments you won't want to miss on catch-up

BBC iPLAYER The Power of Parker

Cheating entrepreneur Martin Parker (Conleth Hill) finds his life falling apart when he's forced to evict his mistress Kath (Sian Gibson) from her flat in BBC1's 1990-set comedy. But she won't go quietly...

BBC iPLAYER The Hidden World of Hospitality

In his BBC2 documentary on the catering business, Tom Kerridge (above) meets restaurateurs including Ryan Blackburn, who is feeling the pressure at his Michelin-starred establishment in Cumbria.

4 Our Guy in Colombia

Guy Martin's C4 two-parter on the troubled South American country sees him gamely undergoing water torture as part of kidnap training, while he's also shot at point-blank range to test a bulletproof jacket.

5 Susan Calman's Summer by the Sea

The comic's seaside travelogue on Channel 5 begins as she takes Nina Wadia on a trip to Clacton, where the pair make a splash on the water dodgems, while Calman also becomes a magician's assistant.

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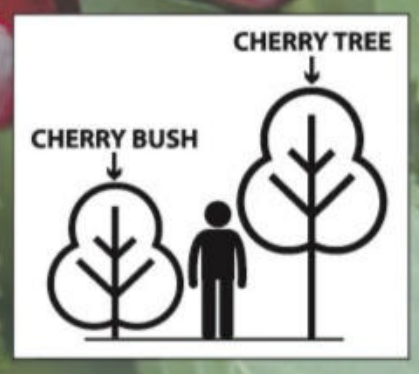

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Pick of the new releases

The best new shows to enjoy this week on streaming services...

Kim Vs Kanye: The Divorce
Monday 7 August

Two-part documentary about reality star Kim Kardashian and rapper Kanye West's divorce. With access to the lawyers involved, it tells how Kardashian wanted out of the troubled marriage, while West was desperate to keep the family together.

Gabby's Dollhouse
Monday 7 August

Season eight of the children's animation. Gabby and her kitten pal Pandy Paws shrink down to explore the mini-worlds of a magical dollhouse.

Only Murders in the Building
Tuesday 8 August

Season three of the mystery comedy drama starring Steve Martin, Martin Short and Selena Gomez. The trio of amateur sleuths investigate the murder of actor Ben Glenroy (Paul Rudd). Meryl Streep joins the cast. See feature, page 17.

Untold: Johnny Football
Tuesday 8 August

Documentary about the tumultuous career of American football star Johnny Manziel, nicknamed Johnny Football, whose on-field intensity was matched by his hard-partying ways off it. Manziel, his family, agent, coaches and former best friend reveal what happened.

Strange Planet
Wednesday 9 August

Adult animation based on the popular graphic novel of the same name set in a whimsical world of candy pinks and purples, where blue beings explore the absurdity of everyday human traditions.

Zombieverse
Tuesday 8 August

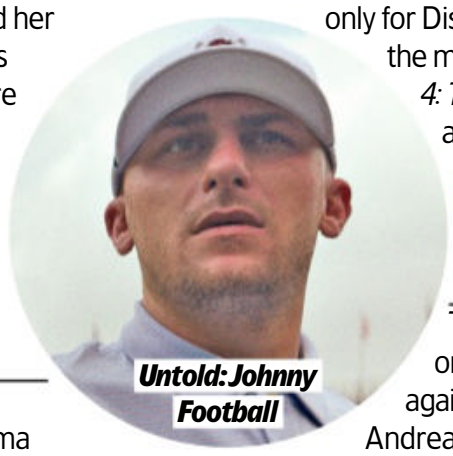
Korean horror reality series, set in a version of Seoul where a zombie outbreak has run amok. 'Survivors' must compete in a range of challenges while facing off against the undead.

Moving
Wednesday 9 August

Korean supernatural drama series about three high-school students and their parents, who all discover they have superpowers.

High School Musical: The Musical: The Series
Wednesday 9 August

In season four of the mockumentary musical drama, the students return to East High to stage a production of *High School Musical 3: Senior Year*, only for Disney to announce that the movie *High School Musical 4: The Reunion* will be shot at the school.



Untold: Johnny Football

The Case Against Cosby
Thursday 10 August

Two-part documentary on the case brought against Bill Cosby by Andrea Constand – one of 60 women who have accused the veteran entertainer of sexual assault or sexual misconduct. Cosby was convicted, although it was later overturned.

Painkiller
Thursday 10 August

Drama exploring the causes and consequences of the opioid epidemic in America, as seen through the eyes of the manufacturer of OxyContin, those who became addicted and an investigator seeking the truth. Starring Matthew Broderick, *In Treatment*'s Uzo Aduba and *Waco*'s Taylor Kitsch.

Marry My Dead Body
Thursday 10 August

Taiwanese supernatural comedy. The life of a homophobic cop takes a spooky turn when he finds himself wed to the ghost of a gay man and the only way to end the marriage is for them to solve a crime together.

The Seven Deadly Sins: Grudge of Edinburgh Part 2
Tuesday 8 August

The second part of the Japanese animated fantasy film based on *The Seven Deadly Sins* manga series.

Mech Cadets
Thursday 10 August

Children's animation. An underdog teen joins a group of young cadets who've been chosen to bond with robo mechs from space and defend Earth against alien invaders.

Men in Kilts: A Roadtrip With Sam and Graham
Friday 11 August

Season two of the travelogue with *Outlander* stars Sam Heughan and Graham McTavish. Having explored their native Scotland in season one, the friends head to New Zealand.

Jagged Mind
Friday 11 August

Horror film about a woman (Maisie Richardson-Sellers) plagued by strange visions and blackouts that lead her to discover she's stuck in a series of time loops. Are they related to her mysterious new girlfriend?

Heart of Stone
Friday 11 August

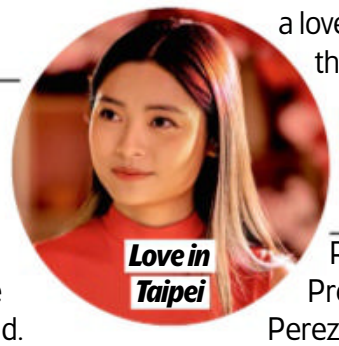
Thriller starring *Wonder Woman*'s Gal Gadot as an intelligence agent who must stop a hacker from stealing a dangerous weapon. Jamie Dornan co-stars. See feature, page 6.

Down for Love
Friday 11 August

New Zealand reality series following people with Down's syndrome as they navigate the trials and triumphs of dating.

Cruel Summer
Friday 11 August

There's a new cast for season two of the teen drama about an intense friendship, a love triangle and a mystery that impacts all their lives.



Love in Taipei

Red, White & Royal Blue
Friday 11 August

Romantic comedy. The US President's son (Taylor Zakhar Perez) falls in love with a British prince. See feature, page 14.

Love in Taipei
Friday 11 August

Romantic comedy film. The parents of US teen Ever Wong (Ashley Liao) surprise her with a trip to Taiwan for a cultural programme that turns out to be a free-for-all dubbed 'the Loveboat'.

The Communion Girl
Friday 11 August

Spanish horror. On the way home from a nightclub, a teenager and her best friend come across a doll, dressed for a Communion, and their nightmare begins.

WORDS: JUDY EWENS. PHOTOS: NETFLIX, PARAMOUNT+

Documentaries

NEW REALITY

Alone

Sunday, 9pm, C4

Strive to SURVIVE

A group of ordinary people **take on the Canadian wilderness**

There's a £100,000 prize awaiting the winner of the British version of popular American survival show *Alone*, which arrives on C4 this week – and the last person standing will certainly have earned it.

In the six-part series, 11 ordinary people, aged between 19 and 58 and from various walks of life, are dropped into the remote northern Canadian wilderness, where they must survive alone with only a handful of basic tools.

They also have equipment on which to film their experiences, plus a satellite phone so they can 'tap out' and be rescued when they've had enough.

DANGEROUS WILDLIFE

Tackling the basics of finding shelter, food and water is challenging enough. Factor in local wildlife including bears, cougars and wolves, plus the mental strain of the isolation and hardship, and it's clear this is not a challenge for the faint-hearted.

Among the plucky contestants is mum and sportswear designer Naomi, who says that her first priority on arrival was to construct a shelter.

'I thought, if I feel safe and I've got a homely space, I'll be more relaxed,' she explains. 'I knew I could go weeks without food if I had to. At first, it didn't even enter my brain to look for food because I was so nervous and worried about the fact that there were bears around.

'Almost as soon as I was dropped off, I saw some bear paw prints, and it didn't take an expert to know that they were fresh.'

Naomi hears a bear outside

Naomi's worst fears were realised when, one night, a bear started sniffing around outside her shelter.

'I was in bed, and I could hear this really big bear outside my shelter,' she recalls. 'It was a moment where I felt complete fear, like never before.'

Having survived the privations and dangers of the experience, Naomi says she's learnt a lot about herself in the process.

SELF-DOUBT

'I didn't realise how tough and strong I was,' she says. 'I always had so much self-doubt, and I've grown up in a generation where we are constantly comparing ourselves to someone else. I've learnt to love so many parts of

The Queens that Changed the World

Saturday, 7.15pm, C4

A six-part look at the world's most remarkable female monarchs – from British queens Boudica and Victoria to Egyptian ruler Hatshepsut and France's Eleanor of Aquitaine. It begins with a portrait of Elizabeth I (above), who brought wealth and stability to England despite numerous plots against her.

Remarkable Places to Eat

Monday, 9pm, More4

The return of the culinary series in which famous foodies and chefs share some of their favourite dining destinations. First up, Dermot O'Leary takes French maître d' and presenter Fred Sirieix to Puglia in southern Italy to sample the region's distinctive 'cucina povera', or 'poor man's cooking'.

Killer Storm: The Fastnet Disaster

Wednesday, 9pm, Channel 5

In August 1979, the Fastnet yacht race was hit by a hurricane-force storm that capsized 75 vessels, took the lives of 21 people and triggered the biggest peacetime maritime rescue operation Britain has ever seen. The story is retold in this documentary including testimony from survivors and rescuers.

WORDS: IAN MACEWAN, HANNAH DAVIES, NATASHA HOLT PHOTOS: ALAMY, BBC, C4, CHANNEL 5, SKY

The 11 hopefuls

The majestic Canadian wilderness

A black bear

myself, and my mind, as I never really had the chance to just sit and listen.'

So what valuable advice would Naomi give to anyone else who's brave enough to sign up for the *Alone* experience?

'I would say, prepare practically with your skills, and put on weight, which I didn't do, and which put me at a disadvantage,' she says. 'Also, don't overthink it – just enjoy it and really slow down.'

Crazy Rich Agents

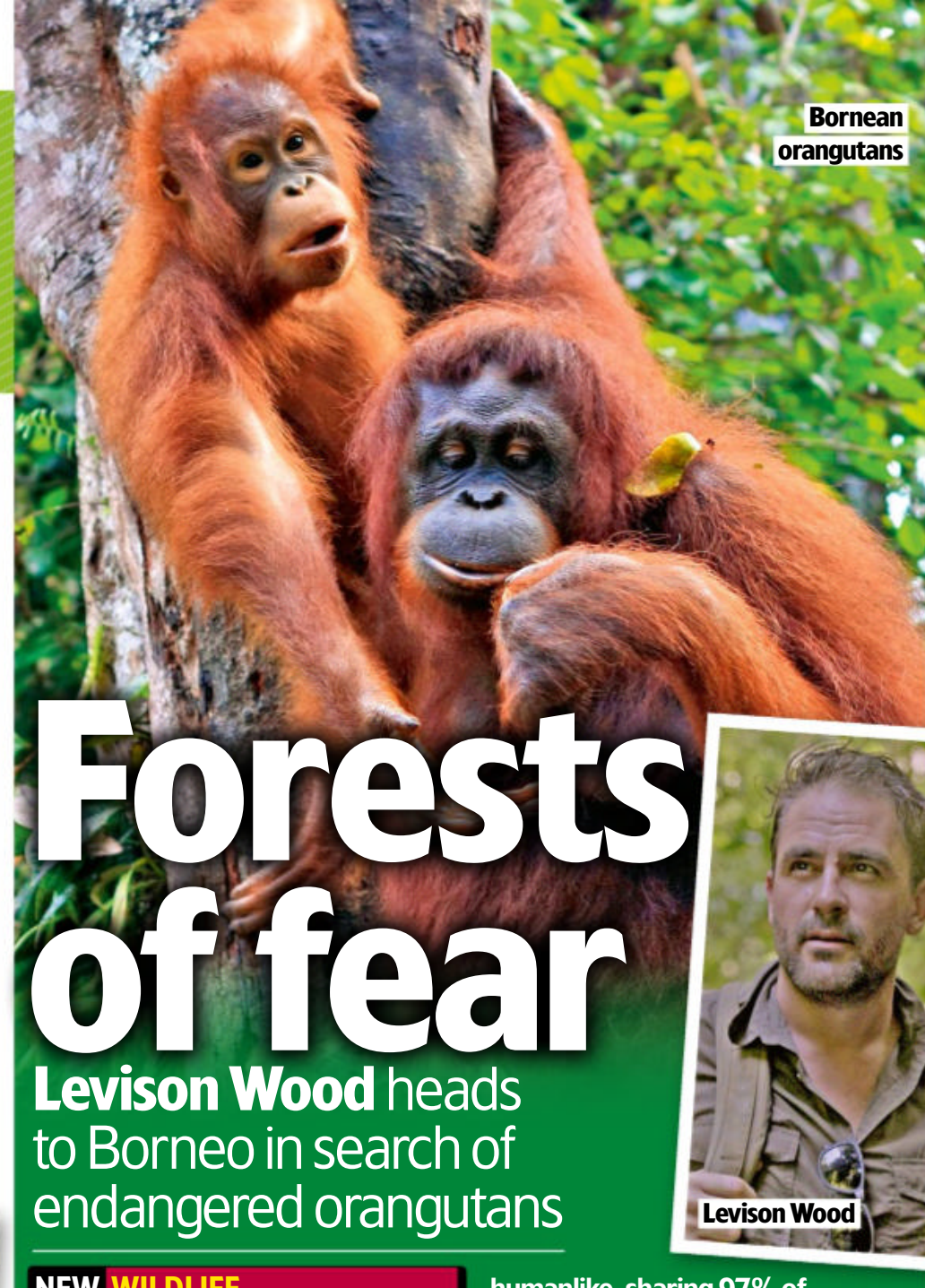
Sun, 9pm, BBC2 (box set, BBC iPlayer)

Cameras follow five rookie real-estate brokers, including a therapist, a music producer and a model, who have given up their jobs to pursue a career in high-end property. As they hustle to list homes including a £30 million Mayfair town house, who will impress agency CEO Eddie Shapiro enough to land a permanent job?

Mission to Burnley

Thursday, 10pm, Sky Documentaries & Sky Showcase (box set, Sky Box Sets/NOW)

As Burnley kick off the new Premier League season on Friday, this four-parter goes behind the scenes at Turf Moor to chart last season's promotion back to the top flight, with access to coach Vincent Kompany (above), plus the players, back-room staff and Mormon chairman Alan Pace.



Bornean orangutans

Forests of fear

Levison Wood heads to Borneo in search of endangered orangutans

Levison Wood

NEW WILDLIFE

Levison Wood: Walking with Orangutans

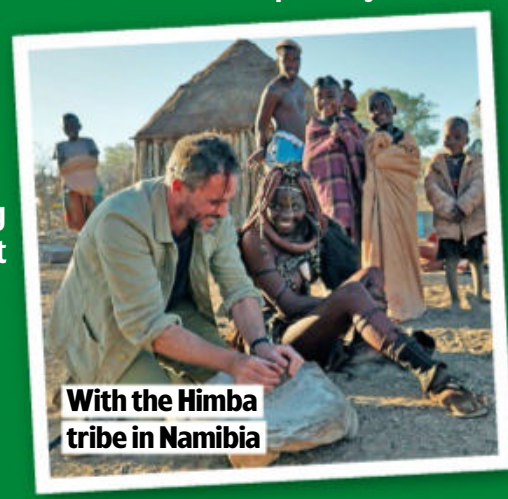
Sunday, 8pm, C4

Globe-trotting explorer Levison Wood is famous for embarking on gruelling expeditions. Now, in his latest TV series, he faces a different challenge as he travels to some of the world's most remote and inhospitable environments to track down animals that are on the brink of extinction.

'I've been in lots of challenging environments, but filming wildlife is the hard bit, as there are no guarantees,' explains the 41-year-old ex-Army officer. 'With my previous shows, it was just a case of walking from A to B and seeing what happens. But with this, you've got to be a lot more patient.'

Across the three-part series, Wood visits Namibia to search for desert lions and travels to Greenland in search of polar bears. But first, he heads to Borneo to track down endangered orangutans.

'Orangutans are fascinating creatures that we can really relate to,' he explains. 'They are very humanlike, sharing 97% of our DNA.'



With the Himba tribe in Namibia

TRAGIC

Wood sees first-hand how the orangutans' habitat has been affected by deforestation, fuelled by humans' demand for palm oil. That, and poaching, have seen the apes' population halve over the past 60 years, leaving just 100,000 left in the wild, while Borneo's primary forest has shrunk by around one-third.

'Seeing those endless palm-oil plantations really brought home the devastating impact that it is having on the planet and these species – 40% of palm oil ends up in supermarket products,' says Wood.

Wood also learns that many orangutans are killed for meat or sport by plantation workers.

'There's absolutely no reason to shoot an orangutan, and, when you see things like that, it's hard to have any sense of optimism,' he admits. 'But equally, there are conservationists, volunteers and local people doing their best here. Meanwhile, everyone needs to be more aware of what they're buying. That will drive positive change.'

Films *Our Pick of*

Distanced: Tobias and Julia

You Hurt My Feelings

PREMIERE OF THE WEEK

Julia Louis-Dreyfus delivers one of her finest performances in this amusing, classy drama

COMEDY DRAMA

Tuesday, on demand, Prime Video ★★★

Cult creator of character-driven films about the woke, worried and wealthy, Nicole Holofcener found her perfect lead in Julia Louis-Dreyfus for 2013's neurotic romance *Enough Said*. This beautifully restrained and relatable cringe-comedy teams them again, for a more thoughtful, slow-build tale about Beth, an insecure New York author sideswiped by a sudden revelation about her marriage to kind but bored therapist Don (Tobias Menzies, in fine mid-life crisis mode).

Don't come looking for snappy, Woody Allen-style gags, though, despite the film's plush Manhattan setting and its satirical side-eye on navel-gazing writing classes and frustrated interior designers. Holofcener is more fascinated by life's small dramas, the everyday disloyalties and white lies that trip up Beth and Don as they circle enraging patients, caustic relatives and their flailing weed-salesman son (Owen Teague).

Building a detailed portrait of Beth's doting, food-sharing, I-got-your-back marriage, the film reaps both sly laughs and real pathos when its uncomfortable secret explodes messily. Despite courting a few easy laughs, it's a sweet and subtle piece, ably anchored by Louis-Dreyfus. She gets to show off her considerable acting chops in a nimble funny-sad performance. 2023, 15,93MIN

STAR RATINGS ★★★★★ **Excellent** ★★★★ **Very good** ★★★ **Good** ★★ **Average** ★ **Poor**

WORDS: MUSANNA AHMED, JANE CROWTHER, MATT GLASBY, JAMES MOTTRAM, KATE STABLES

the Week's Best Films

DRAMA

C'mon C'mon

Wednesday, 11.10pm, Film4 ★★★★

Featuring Joaquin Phoenix, a black-and-white palette and a twee intergenerational story, *C'mon C'mon* sounds like an indie-movie parody. But director Mike Mills smartly avoids conceding to cliché. Phoenix's documentarian Johnny and his young nephew Jesse (Woody Norman) are a healthy pairing, sharing qualities of empathy and curiosity. Johnny's film centres on gifted youths, therefore the timing of his sister and Jesse's mother Viv (Gaby Hoffmann) asking him to look after her son couldn't be more perfect. Difficult details about Jesse's father Paul (Scoot McNairy) sensitively unfold as Johnny narrates books to the perceptive kid. Complementing the intelligent writing are highlights of New York, in a film of enormous heart and intellect. 2021, 15, 109MIN

Joaquin and Woody hit it off

FANTASY COMEDY

Ghostbusters: Afterlife

Thursday, on demand, Netflix ★★★★

Co-written and directed by Jason Reitman – the son of original *Ghostbusters* director Ivan – this reverential reinvention updates the franchise without relinquishing its spirit. It centres on the family of legendary 'buster Egon (the late Harold Ramis) who, following his death, relocate to his house in small-town Oklahoma, where bored teens Phoebe (Mckenna Grace) and Trevor (Finn Wolfhard) start exploring mysterious spectral activity, not to mention some very familiar equipment... The fine cast includes mum Carrie Coon (excellent) and teacher-slash-manchild Paul Rudd (capably comedic) plus some old faces. How and where the aforementioned factor into the story is skilfully handled, bringing true emotional heft rather than providing mere lip service. Warm, witty and full of wonder, it's a film that will entertain adults as much as kids, fans as much as newbies. 2021, 12, 124MIN

Paul leads the young paranormal warriors

HORROR

The Harbinger

Sunday, 6.15pm, Sky Premiere ★★★★

Using the pandemic as a narrative springboard, American horror film-maker Andy Mitton (*The Witch in the Window*) crafts a typically smart, sensitive chiller that explores loss in all its forms. While shielding with her family in upstate New York, Monique (Gabby Beans) is called to Brooklyn to help her old roommate Mavis (Emily Davis), who's experiencing a series of *Elm Street*-style nightmares featuring a mysterious, plague-masked figure. Beans is an appealing lead, and the film perfectly captures the desperation of trying to connect in a world gone to pieces. 2022, 15, 87MIN

Behind you: Gabby

Tom does grumpy rather well

COMEDY DRAMA

A Man Called Otto

Friday, 8pm, Sky Premiere ★★★

This Hollywood version of Fredrik Backman's Swedish bestseller *A Man Called Ove* (itself spawning a 2015 Swedish adaptation) stars usually good-humoured Tom Hanks as curmudgeonly Otto, a retired widower who calls everybody 'nitwits' and is suicidal after the death of his wife. But his attempts to end his life keep being interrupted and, gradually, he finds crumbs to live for, including looking after a stray cat. Some elements jar – notably the glib treatment of mental health – but director Marc Forster knows how to pluck at the heartstrings and Hanks is never less than watchable. 2022, 15, 126MIN

FilmFinder The best of the week at a glance

Family

Paddington
On demand, Netflix ★★★★
Arriving in London from darkest Peru, the marmalade-loving bear (winningly voiced by Ben Whishaw) is looked after by Sally Hawkins and Hugh Bonneville. A delightful family film. 2014, PG, 95MIN

Lassie
Monday, 2.05pm, Sky Family ★★★★
Set in 1930s Yorkshire, this beautiful and tear-jerking version of Eric Knight's classic shaggy-dog story benefits from a top-notch cast including Peter O'Toole and Samantha Morton. 2005, PG, 100MIN

Racing Stripes
Wednesday, 9.35am, Sky Family ★★★
This sweet drama canters along happily with its tale of an orphan zebra (voiced by Frankie Muniz) who thinks he's a horse – and gets to compete in a big race. Hayden Panittiere stars. 2004, U, 102MIN

Born Free
Wednesday, 3.10pm, Film4 ★★★★
Bill Travers and Virginia McKenna are perfect as real-life conservationists George and Joy Adamson, who rear orphaned lion cub Elsa in Africa. A magnificent wildlife film. 1965, U, 95MIN

Drama

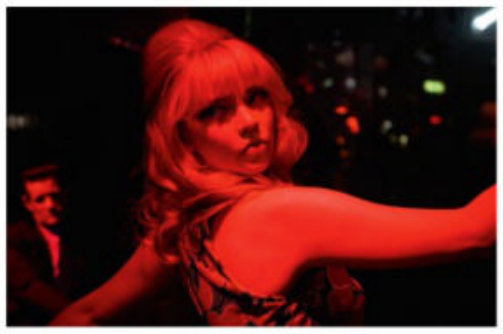
The Fighter
Sat, 12.20am, Sky Drama ★★★★
A bruising biopic starring Mark Wahlberg as 1990s boxer Micky Ward and Oscar-winning Christian Bale as his washed-up waster of a brother. Melissa Leo and Amy Adams also star. 2010, 15, 116MIN

Mass
Monday, 10.05am, Sky 5 Star Movies ★★★★★
This searing drama brings together two sets of parents years after a school shooting in which their sons died – one a victim, the other the shooter. 2021, 12, 89MIN

Blue Bayou
Tue, 6am, Sky 5 Star Movies ★★★
Justin Chon (who also wrote and directed) lives in Louisiana with wife Alicia Vikander and her daughter, but faces deportation to his birthplace Korea. A heartfelt melodrama. 2021, 15, 118MIN

Mona Lisa
Wed, 9.05pm, Talking Pictures ★★★★
Just out of jail, Bob Hoskins gets a job driving Cathy Tyson's call-girl for his boss Michael Caine. Gradually, a touching friendship develops in this gritty and well-acted drama. 1986, 15, 104MIN

Horror



Last Night in Soho
Sat, 11.50pm, Sky Thriller ★★★★
Thomasin McKenzie finds herself back in 1960s London, which she sees through the eyes of Anya Taylor-Joy's wannabe singer. A dazzling, thrilling, frightening slice of fun. 2021, 18, 116MIN

Happy Death Day
Friday, 12.10am, C4 ★★★
A cheekily entertaining horror in which Jessica Rothe is stabbed, brained, drowned and blown up as she relives her birthday over and over again while trying to stop her killer. 2017, 15, 96MIN

EDITOR'S CHOICE

Spontaneous
Saturday, 11.05pm, Film4 ★★★★
A high-schooler spontaneously combusts. Then another. And another. Scientists find nothing amiss, but each teen wonders if they'll be next... This smart horror swirls with subtexts (Trump, school shootings, Covid) while skilfully juggling genres and tones. And, among other things, it's a cracking romance thanks to lovable leads Katherine Langford and Charlie Plummer. Your heart will go boom. 2020, 15, 97MIN

Thriller

Kimi
Monday, 7.50am, Sky Thriller ★★★★
Zoë Kravitz analyses data streams for a smart-hub device, when she hears what appears to be an assault – but her bosses ignore her when she flags it up. A compelling thriller. 2022, 15, 89MIN

Single White Female
Monday, 9pm, GREAT! movies ★★★★
Bridget Fonda's looking for a flatmate and Jennifer Jason Leigh fits the bill – but turns Fonda's life into a nightmare. The stars give gripping turns in an edge-of-seat thrill ride. 1992, 18, 107MIN

Fatal Attraction
Wed, 10pm, Sky Thriller ★★★★
Married Michael Douglas has a fling with Glenn Close, which leads to all manner of hellish fury. The film that introduced the term 'bunny boiler' is a gripping, ripping rollercoaster ride. 1987, 18, 120MIN

Panic Room
Thursday, 2.05pm, Sky Thriller ★★★
Jodie Foster's new home has a safe room – and soon she and daughter Kristen Stewart are locked inside it, trying to outwit a gang of burglars. An improbable but nail-biting thriller. 2002, 15, 112MIN

FILMS MAY BE EDITED FOR TELEVISION. THE RUNNING TIMES GIVEN ARE THOSE OF THE ORIGINAL CINEMA RELEASES.

Weekend movies

Saturday 5 August

SUPERHERO

Black Adam

5.45pm, Sky Action ★★★

Sex ●●● Violence ● Language ●●●

A brisk prologue details Dwayne Johnson's DC title character's back story of slavery, wizardry and revenge in Kahndaq, before he's inadvertently awoken in the present day and makes his thumping presence felt. So Task Force X's Amanda Waller (Viola Davis) mobilises the Justice Society to stop this loose cannon. Director Jaume Collet-Serra's emphatically unrestrained movie is less fresh than it thinks, but Johnson shoulders it well enough and if you sift through the wreckage, there's potential here. 2022, 12, 125MIN

Wreck suit: Dwayne

FAMILY COMEDY

MouseHunt

1.15pm, C4 ★★★★

Sex ●●● Violence ●●● Language ●●●

Pitched somewhere between pure old-fashioned slapstick and black comedy, this is an imaginative and appealingly grotesque comic fantasy about two impoverished brothers (Nathan Lane and Lee Evans) whose plans to renovate and sell a mansion are constantly being scuppered by the resident rodent. The effects are fun and you won't be able to tell where the real mouse ends and its animatronic double begins. 1997, PG, 98MIN

CLASSIC CAPER

The Italian Job

4.25pm, Film4 ★★★★★

Sex ●●● Violence ●●● Language ●●●

'You're only supposed to blow the bloody doors off!' is one of the funniest lines from British cinema and is just one of many memorable moments in this classic caper. There's also the all-time great Mini Cooper car chase and a real cliffhanger of a climax. Noël Coward is a jailed mastermind who organises the theft of $4million in gold bullion in Turin and Michael Caine is at his best as he leads a gang of crooks to carry out his plans. 1969, PG, 100MIN

COMEDY

When Harry Met Sally...

10.20pm, BBC1
(11.35pm Scotland) ★★★★★

Sex ●●● Violence ●●● Language ●●●

At their most appealing, Billy Crystal and Meg Ryan play Harry and Sally, who don't get on when they first meet but gradually become best friends and maybe more. Nora Ephron's super script perfectly balances comedy and romance, with some spot-on observations about the battle of the sexes. Ryan's New York diner scene ('I'll have what she's having!') is a classic. 1989, 15, 95MIN

COMEDY DRAMA

Eighth Grade

11.50pm, BBC1
(1.05am Scotland) ★★★★★

Sex ●●● Violence ●●● Language ●●●

Socially awkward 13-year-old Elsie Fisher tries to navigate the choppy waters of her teens and survive the last week of middle school, beset by the perils of pimples, crushes and social media. Anchored by a superb turn by Fisher, this charming coming-of-age tale is terrific. Your heart will go out to her and Josh Hamilton as her well-meaning dad. 2018, 15, 94MIN

■ Full listings start on p35

Sunday 6 August

COMEDY DRAMA

The Worst Person in the World

12.45am, C4 ★★★★★

Sex ●●● Violence ●●● Language ●●●

The endearingly flighty Julie (the sublime Renate Reinsve) is impulsive, indecisive and loathe to settle down, flirting with careers with the same alacrity with which she exchanges her sexual partners. Then she's thrust into the orbit of laid-back Eivind (Herbert Nordrum) and their risqué meet-cute at a wedding she gatecrashes is one of many standout sequences. Teetering merrily on the borders of good taste, this film feels deeply, ineffably human, with all the messiness that entails. It is stunningly good. Subtitled. 2021, 15, 128MIN

Pause for thought: Renate and Herbert

COMEDY FANTASY

Ghostbusters

4.55pm, BBC1 ★★★★

Sex ●●● Violence ●●● Language ●●●

This high-energy supernatural comedy stars Bill Murray, Dan Aykroyd and Harold Ramis as boffins who go into the phantom-trapping business. Ernie Hudson joins them and and, after eliminating a host of pesky spooks, they face their greatest challenge when classical musician Sigourney Weaver finds something nasty in her fridge. Packed with hilarious gags delivered with immaculate deadpan timing, this is a delight. 1984, 12, 101 MIN

SCI-FI ACTION

Star Trek Into Darkness

5.30pm, C4 ★★★★

Sex ●●● Violence ●●● Language ●●●

Spectacular, slick and thrilling, JJ Abrams' sequel to 2009's cracking sci-fi reboot has enough wit and zip to satisfy diehard fans and non-Trekkies alike. Combining bone-crunching action, smart comedy and deft use of series lore, the story finds Chris Pine's Captain Kirk and Zachary Quinto's Spock striving to foil a rogue Starfleet officer, played by an imposing Benedict Cumberbatch. 2013, 12, 133MIN

DRAMA

The King's Speech

10.30pm, BBC1
(11.15pm Scotland) ★★★★★

Sex ●●● Violence ●●● Language ●●●

It's the 1930s, the era of the wireless, but future King George VI (Colin Firth) suffers from a debilitating stutter. Then his wife (Helena Bonham Carter) takes him to eccentric Australian speech therapist Lionel Logue (Geoffrey Rush). The stars are word perfect in this sensational drama that's witty, clever and touching. It won four Oscars, for Best Film, Firth, director Tom Hooper and David Seidler's screenplay. 2020, 12, 118MIN

BIOPIC

Ali

11pm, BBC2 ★★★★

Sex ●●● Violence ●●● Language ●●●

Writer-director Michael Mann's engrossing biopic of boxing great Muhammad Ali covers 10 tumultuous years in his life – from winning the world title against Sonny Liston to the legendary 'Rumble in the Jungle' with George Foreman in 1974. Oscar-nominated Will Smith is superb as Ali and Jon Voight is also magnificent as Howard Cosell, his TV pundit pal. 2001, 15, 159MIN

■ Full listings start on p45

PAY-PER-VIEW PICKS

The best of the week's films on Sky, Virgin and other platforms

Sunny side up: Scarlett

COMEDY DRAMA

Asteroid City

On all week ★★★★

Sex ●●● Violence ●●● Language ●●●

Writer-director Wes Anderson's playful sky-watching romp offers a wry exploration of life's mysteries. Set in a sun-kissed town in the US southwest where Junior Stargazers (and parents) visit a meteor-crater site to display their inventions, Anderson touches on themes of mortality, modern dread and nuclear fears, interrogating how our beliefs and identities help us navigate unknown territory. If emotional focus splinters a little across Anderson's starry ensemble (including Jason Schwartzman, Scarlett Johansson and Tom Hanks), there's no doubting the invention and drollery on show. From 24 July. 2023, 12, 105MIN

In a jam: Laure

DRAMA

Full Time

From Monday ★★★★

Sex ●●● Violence ●●● Language ●●●

This tight and tender account of a frantic, make-or-break week for harassed single mum Julie (Laure Calamy) hits the ground running, as she's sideswiped by a paralysing Paris transit strike. Determined to get to the white-collar job interviews that promise her kids a better life, Julie's increasingly precarious situation ratchets up the tension expertly. A fabulous, thin-skinned turn from Calamy shows us Julie as neither saint nor victim, just a believably flawed and resourceful mother unable to catch a break. 2021, 12, 88MIN

Weekday movies over page

Weekday movies

Monday 7 August

BIOPIC

Elvis

8pm, Sky 5 Star Movies ★★★★

Sex ●●● Violence ●●● Language ●●●

Spanning 30 years of Elvis Presley's life, from formative early encounters with gospel and rhythm & blues to the stage in Las Vegas, Baz Luhrmann's vibrant biopic – which uses well-edited montages to fill in the gaps – has swagger to spare and a star-making performance from Austin Butler who imbues Presley with heartbreaking vulnerability as early enthusiasm gives way to tragedy. Cleverly, the tale is told by Tom Hanks' Colonel Tom Parker who managed – and controlled – Elvis for much of his career. 2022, 12, 159MIN

It's only rock 'n' roll: Austin and Tom

ROMCOM

Marry Me

6.45am, Sky Hits ★★★

Sex ●●● Violence ●●● Language ●●●

Jennifer Lopez plays a pop princess about to marry a fellow megawatt singer (Maluma) in front of a live audience, when it's revealed he's been cheating on her. So she plucks a random man (maths teacher Owen Wilson) to wed instead. Wait! What?! Logic is not this film's strong suit, but that's not its goal. It's comfort food, with Lopez and Wilson charming and the whole enterprise bolstered by a raft of decent tunes and a neat finale. 2022, 12, 102MIN

THRILLER

Entebbe

11.15pm, BBC2 ★★★

Sex ●●● Violence ●●● Language ●●●

A provocative thriller based on the hijacking of an Air France jet en route from Tel Aviv to Paris in the summer of 1976 – and the daring rescue mission by Israeli commandos at Uganda's Entebbe airport. The gripping action in between is even-handed, cutting between passengers and crew, Israeli politicians and soldiers, and the terrorists, including two conflicted German radicals (Daniel Brühl and Rosamund Pike). 2017, 12, 107MIN

ANIMATION

Rango

11am, Film4 ★★★★

Sex ●●● Violence ●●● Language ●●●

The gags zing by like bullets from a Colt 45 in a tremendous animated Western spoof set in a kooky version of the Wild West populated entirely by animals. Johnny Depp voices the hero, a skittish chameleon who pretends to be a gunslinger and becomes the sheriff of a parched desert town where the water supply's suspiciously run dry. Isla Fisher, Ned Beatty, Bill Nighy and Ray Winstone also feature in the vocal cast. 2011, PG, 107MIN

DRAMA

The Road

11.15pm, GREAT! movies ★★★★

Sex ●●● Violence ●●● Language ●●●

In an America devastated by an unknown catastrophe, father and son Viggo Mortensen and Kodi Smit-McPhee try to survive, avoiding marauding cannibal gangs as they trek the long road to the coast and, perhaps, a better life. This distinguished film of Cormac McCarthy's novel stunningly evokes the utter despair of a ruined world. 2009, 15, 112MIN

■ Full listings start on p55

Tuesday 8 August

DRAMA

Clemency

11.15pm, BBC2 ★★★★

Sex ●●● Violence ●●● Language ●●●

The barbarity of capital punishment is squarely addressed in writer-director Chinonye Chukwu's powerful drama, which stars Alfre Woodard as veteran prison warden Bernadine Williams who is beginning to buckle under the strain of carrying out death row executions. Woodard conveys her character's internal struggle in every fibre, her turmoil amplified by the experience of a botched execution and her doubts about the guilt of condemned prisoner Anthony Woods (Aldis Hodge). 2019, 15, 112MIN

Justice league: Alfre

ROMCOM

Boxing Day

8.25am & 11.45pm, Sky Cinema Comedy ★★★

Sex ●●● Violence ●●● Language ●●●

Aml Ameen writes, directs and stars in a fun-stuffed festive romcom. He's a soap star-turned-writer, back in London after two years away to promote his new book. But his American fiancée (Aja Naomi King), ex (Leigh-Anne Pinnock) and rambunctious, extended clan cause all the usual romcom complications. Ameen's a charismatic lead with fine comic timing in a warm-hearted charmer. 2021, 12, 109MIN

ACTION COMEDY

Jumanji: The Next Level

9pm, Film4 ★★★★

Sex ●●● Violence ●●● Language ●●●

Fans of the 2017 *Jumanji* reboot (on F4 on Mon at 9pm) will love this funny and thrilling sequel that reunites Dwayne Johnson, Kevin Hart, Karen Gillan and Jack Black. They're a hoot as videogame avatars battling perils while trying to retrieve a precious jewel. Danny DeVito and Danny Glover are hilarious as a geriatric duo drawn into the game – and Awkwafina walks off with the film as a crafty thief. 2019, 12, 123MIN

CRIME COMEDY

The Other Guys

9pm, ITV4 ★★★

Sex ●●● Violence ●●● Language ●●●

Despite having the flimsiest of plots, this splendid farce is a near-total triumph. Will Ferrell and Mark Wahlberg form a great comedy double act as mismatched New York detectives who have to step up to tackle the baddies (including Steve Coogan's conman) when the city's top cops (Samuel L Jackson and Dwayne Johnson) are put out of service. There is plenty of great action and the film has big laughs throughout. 2010, 12, 107MIN

DRAMA

10 Rillington Place

11.35pm, GREAT! movies ★★★★

Sex ●●● Violence ●●● Language ●●●

An engrossing reconstruction of the case of serial killer John Christie. Richard Attenborough is frighteningly good as Christie, although he disliked the role, taking it because he believed the film would help move opinion against capital punishment. John Hurt is also superb as Timothy Evans, Christie's lodger who was wrongly hanged for two of his murders. 1970, 15, 106MIN

■ Full listings start on p65

Wednesday

ADVENTURE

Harry Potter and the Deathly Hallows: Part II

6.35pm, ITV2 ★★★★★

Sex ●●● Violence ●●● Language ●●●

After 10 years and eight films, JK Rowling's *Harry Potter* saga reaches its conclusion – and it's spellbinding, with director David Yates and his creative

Wand-ering star: Daniel

PERIOD COMEDY

Mr Malcolm's List

8.30am & 5.15am, Sky Cinema Comedy ★★★

Sex ●●● Violence ●●● Language ●●●

Sope Dìrísú's eligible bachelor Mr Malcolm has an exacting list of requirements for a bride. When Zawe Ashton's frivolous Julia falls short, she recruits her country-mouse chum Selina (Freida Pinto) to pose as his ideal match. Of course, Selina and Mr Malcolm start falling in love, but how miffed will he be when he discovers he's being played? From its posh frocks to its fancy balls, this ticks all the boxes. 2022, PG, 118MIN

DRAMA

Stand by Me

12noon, Sky 5 Star Movies ★★★★★

Sex ●●● Violence ●●● Language ●●●

In 1959, four small-town 12-year-olds (River Phoenix, Wil Wheaton, Corey Feldman and Jerry O'Connell) head off into the Oregon countryside to find the body of a missing teen. Stephen King's story *The Body* is turned into a magical coming-of-age movie that glows with nostalgia. The young stars, plus Kiefer Sutherland and John Cusack, do wonders and there's a great golden oldie soundtrack. 1986, 15, 89MIN

9 August

team all at the top of their game. Sit back for a dark and thrilling ride as Voldemort's army of Death Eaters prepares to launch a final assault on Hogwarts, while Harry (Daniel Radcliffe), Ron (Rupert Grint), Hermione (Emma Watson) and friends race to find the final fragments of the Dark Lord's soul in order to defeat him. 2011, 12, 130MIN

DRAMA

The Hustler

12.50am, Talking Pictures ★★★★★

Sex ●○○ Violence ●○○ Language ●○○

This scintillating, beautifully filmed movie gave Paul Newman one of his defining roles as Fast Eddie Felson, a low-life pool shark with few scruples and a palpable hunger to be the best. Piper Laurie is the emotional entanglement he cruelly cuts through, George C Scott plays his greedy promoter and Jackie Gleason is outstanding as Minnesota Fats, the cue king Newman has to depose. 1961, 15, 134MIN

COMEDY

Love, Simon

1.55am, C4 ★★★

Sex ●○○ Violence ○○○ Language ●○○

Simon (Nick Robinson) has kept the fact he's gay secret, even from his best friends and laid-back liberal parents (Jennifer Garner and Josh Duhamel). But his life becomes fraught after he falls in love online with an anonymous classmate. This coming-of-age movie is put together with such warmth and charm that you'll forgive how sappy and corny it actually is. 2018, 12, 110MIN

■ Full listings start on p75

Thursday 10 August

WAR DRAMA

The Pianist

10.05pm, Talking Pictures ★★★★★

Sex ○○○ Violence ●●○ Language ●●○

This extraordinary Holocaust drama, starring Adrien Brody and directed by Roman Polanski (who both won Oscars), relates the real-life experiences of concert pianist Wladyslaw Szpilman, a Polish Jew who, thanks to small kindnesses from many people (including, movingly, his enemy), survived the Nazi destruction of his country in the ruins of World War Two Warsaw. Polanski's mother died at Auschwitz, so this film is his act of forgiveness – and he makes a wonderful, painstaking job of it. 2002, 15, 149MIN

Playing for time: Adrien

THRILLER

Emily the Criminal

7.05am, Sky Hits ★★★★

Sex ○○○ Violence ●○○ Language ●●●

Stuck in a gig economy job, Aubrey Plaza's Emily is lured into buying a TV with dodgy plastic for $200 cash. But this leads to ever riskier deceptions – forging credit cards, hawking hot goods and seeing off predators with pepper spray and tasers – not to mention a hesitant romance with amiable mentor Youcef (Theo Rossi). Plaza's driven performance is riveting in a tightly scripted, unbearably tense and edgily shot thriller. 2022, 15, 97MIN

PERIOD DRAMA

Elizabeth: The Golden Age

10.40pm, BBC1 (11.10pm NI, 11.20pm Wales) ★★★★

Sex ●○○ Violence ●○○ Language ○○○

Cate Blanchett is again superb as Queen Elizabeth I in this sequel to 1998's *Elizabeth*. It's 1585 and she's facing dastardly plots close to home from Mary Queen of Scots (Samantha Morton) and further afield from King Philip II of Spain (Jordi Mollà). As a dashing Walter Raleigh – back from the New World with potatoes and tobacco – Clive Owen is a film-stealer. 2007, 12, 115MIN

CLASSIC MUSICAL

Top Hat

10.40pm, BBC4 ★★★★★

Sex ○○○ Violence ○○○ Language ○○○

This effervescent Fred Astaire and Ginger Rogers musical was the perfect panacea for Depression-era audiences and every one of Irving Berlin's five songs from the film was a hit. Its breathtaking finale, *The Piccolino*, is a rarely matched dancing tour de force that took more than 100 hours of rehearsal to perfect. The scenes where Astaire flies off to Venice are out-takes from a previous Astaire-Rogers film, *Flying Down to Rio*. 1935, U, 101 MIN

THRILLER

Assassination Nation

1am, C4 ★★★★

Sex ●●○ Violence ●●● Language ●●●

Small-town high-school students Odessa Young, Suki Waterhouse, Abra and Hari Nef find themselves in the firing line after an anonymous hacker starts exposing everyone's dirty secrets in their small town. As passions rise and spill into violence, the scapegoated girls resolve to fight back in this riotously over-the-top, furiously in-your-face thriller satire. 2018, 18, 108MIN

■ Full listings start on p85

Friday 11 August

ACTION THRILLER

21 Bridges

10.40pm, BBC1 (11.10pm Wales) ★★★

Sex ○○○ Violence ●●○ Language ●●●

Manhattan's 21 bridges are closed to prevent two cop killers escaping New York. But as the dragnet closes in on the pair, Chadwick Boseman's trigger-happy detective realises that a far wider conspiracy is afoot – and that his best aim is to keep the culprits alive… It's easy to see where this is heading, but it's still an entertaining ride. Boseman is good, as are Sienna Miller as a hard-bitten narcotics cop and JK Simmons as a veteran police chief, and the plentiful action scenes are slickly staged. 2019, 15, 99MIN

Badge of honour: Chadwick

DRAMA

World Trade Center

7.35am, Sky Drama ★★★

Sex ○○○ Violence ●○○ Language ●○○

Director Oliver Stone's tribute to the rescue workers who suffered after the collapse of the Twin Towers is honest, heartfelt and honourable. Nicolas Cage gives a performance of considerable dignity as cop John McLoughlin, trying to keep himself and co-worker Will Jimeno (Michael Peña) alive when they're pinned under tons of burning rubble. Surprisingly, the film didn't receive a single Oscar nomination. 2006, 12, 129MIN

DRAMA

Wonderstruck

5pm, AMC ★★★★

Sex ○○○ Violence ○○○ Language ○○○

Todd Haynes, maker of the sublime *Carol*, has come up with a beguiling drama about two deaf children (Millicent Simmonds and Oakes Fegley) born 50 years apart but linked by searches for absent parents that take them to New York's American Museum of Natural History. Despite the slow pace, the tales – one filmed in silent-era black and white, the other in saturated 1970s-style colour – are captivating. 2017, PG, 116MIN

ADVENTURE

Fantastic Beasts: The Crimes of Grindelwald

6.25pm, ITV2 ★★★★

Sex ○○○ Violence ●○○ Language ○○○

Eddie Redmayne's bashful Newt Scamander is back for the second instalment of JK Rowling's Potterverse. Here, Newt and his allies (including Jude Law's Dumbledore) are drawn into the battle against dark wizard Grindelwald (Johnny Depp). The top-notch visuals and inventive effects, plus an abiding message of tolerance, make for a magic adventure. 2018, 12, 134MIN

ADVENTURE

The Lost City of Z

9pm, GREAT! movies ★★★★

Sex ○○○ Violence ●●○ Language ●○○

An epic tale of obsession telling the true story of early-20th-century English explorer Percy Fawcett, who defied perils in the jungle and sneers at home in his quest to prove the existence of a city deep in the Amazon. Charlie Hunnam embodies doughty pluck and endurance as Fawcett, while Sienna Miller and a magnificently bearded Robert Pattinson offer fine support. 2016, 15, 141 MIN

■ Full listings start on p95

Sport Week

Your **ultimate guide** to ek's live action

Manchester City goal machine Erling Haaland

PREMIER LEAGUE

Who can dethrone **Manchester City** as they chase a fourth successive title?

LIVE FOOTBALL

Burnley v Manchester City

Friday, kick-off 8pm, Sky Showcase, Sky Sports Main Event & Sky Sports Premier League

After overhauling Arsenal to become English champions last season, Manchester City begin the new Premier League campaign on Friday chasing a fourth title in a row – a feat that's never been achieved before.

Once again, Golden Boot winner Erling Haaland – who scored a record-breaking 36 goals last season – will be leading the line as City travel to Turf Moor, where former captain Vincent Kompany awaits, having led Burnley to the Championship title last time out.

This year's fixtures will feature 128 live matches on Sky Sports, 52 games on TNT Sports (formerly BT Sport) and 20 on Prime Video.

Here, we look at what the season holds in store…

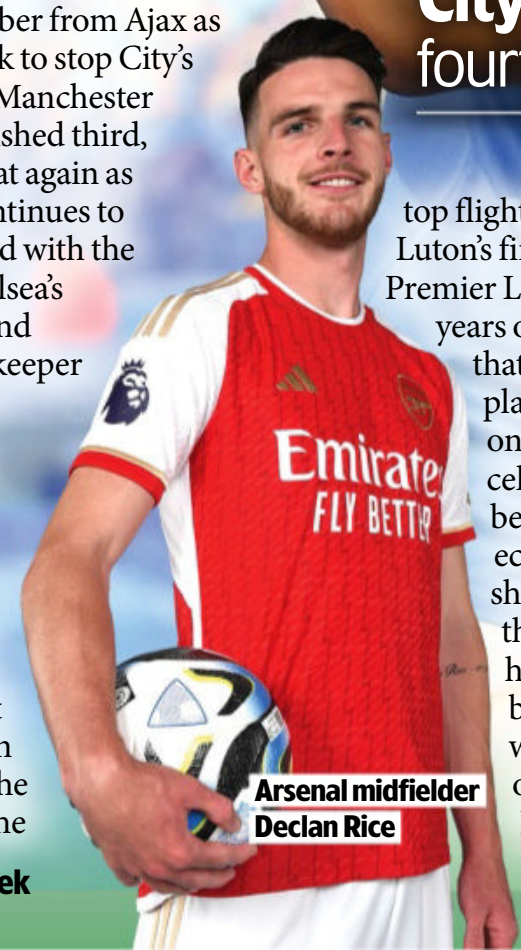
New Chelsea boss Mauricio Pochettino

TITLE CONTENDERS

Having narrowly missed out last season, Arsenal have splashed the cash this summer in a bid to win the title for the first time in two decades. Mikel Arteta has already spent more than £200 million, bringing in Declan Rice from West Ham, Kai Havertz from Chelsea and Jurrien Timber from Ajax as the Gunners seek to stop City's record title bid. Manchester United, who finished third, should be a threat again as Erik ten Hag continues to revamp his squad with the purchase of Chelsea's Mason Mount and Cameroon goalkeeper André Onana.

PROMOTED TEAMS

Burnley may have run away with the Championship by 10 points, but all eyes will be on Luton Town as the club returns to the top flight after 31 years. It's Luton's first season in the Premier League following years of financial hardship that saw the Hatters playing in the fifth tier only nine years ago. To celebrate, players will be wearing a kit that echoes their iconic shirt from the 1970s, though their first home match has been postponed while work is carried out to make Kenilworth Road meet Premier League standards. Sheffield United are also back in the top flight after a two-year hiatus.



Arsenal midfielder Declan Rice

New boys Luton Town

NEW MANAGERS

Three Premier League clubs begin the season with a new coach, including at Chelsea, where ex-Paris Saint-Germain boss Mauricio Pochettino has taken over at Stamford Bridge following a wretched season for the Blues, who finished 12th – their lowest position for 29 years.

England's Mason Mount has joined Manchester United

His former club Tottenham have appointed Ange Postecoglou, who joins from Celtic after winning successive titles in his two seasons in charge. He's the first Australian to manage in the Premier League, and has boosted Spurs' squad by buying James Maddison from relegated Leicester City for £45 million. At Bournemouth, highly rated Andoni Iraola is the new boss as a surprise replacement for Gary O'Neil.

WORDS: RICHARD MCCLURE. PHOTOS: GETTY, LUTON TOWN FOOTBALL CLUB

City lifted the trophy in May

THE MAIN EVENT

WEMBLEY SHOWDOWN

With Manchester City claiming both the Premier League title and FA Cup last season as part of their historic treble, league runners-up Arsenal provide the opposition at Wembley in Sunday's traditional Community Shield season curtain-raiser (kick-off 4pm, ITV1).

City boss Pep Guardiola has dispensed with the services of Riyad Mahrez, reserve keeper James Trafford and former captain Ilkay Gundogan, while bringing in Mateo Kovacic from Chelsea for £25 million, and will be keen to start the campaign well after losing the last two Community Shield matches to Liverpool and Leicester.

Charlotte Worthington

Geraint Thomas

LIVE CYCLING

World Championships

From Saturday, BBC1, BBC2, BBC3, Eurosport 1 & Eurosport 2

Britain has a great chance of gold as the multi-discipline world championships continue in Glasgow and across Scotland this week. Olympic BMX freestyle champion Charlotte Worthington, Olympic bronze medallist Declan Brooks and European champion Kieran Reilly will be showing off their flares, grinds and jumps as they go for glory at Glasgow Green. Meanwhile, the road events also begin, with Tour de France rider Fred Wright battling over a 271.1 km-course in Sunday's men's road race, and 2018 Tour de France winner Geraint Thomas leading the charge in Friday's men's individual time trial.

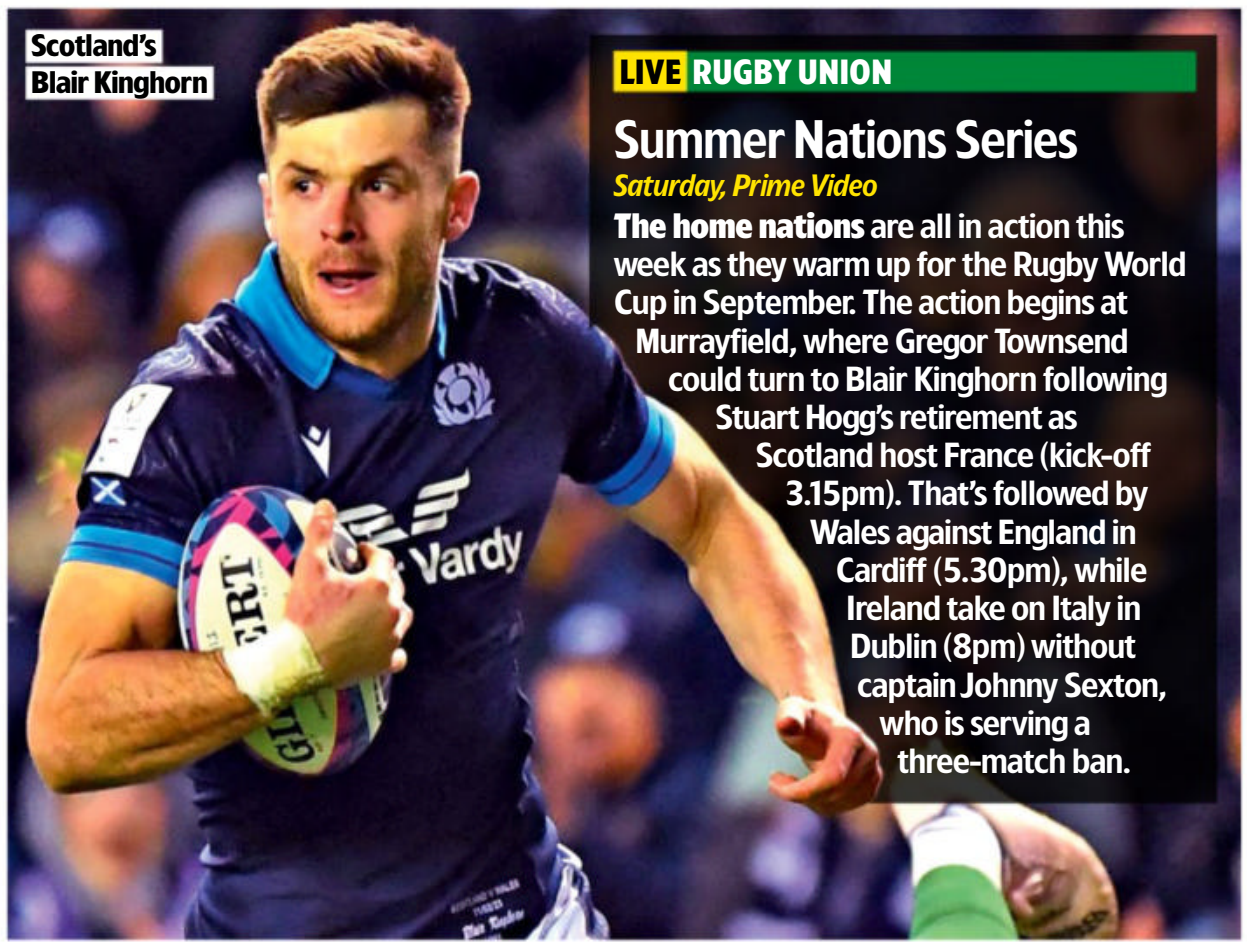
England star Alessia Russo

LIVE FOOTBALL

World Cup: knockout stage

Sat-Tue, Thu & Fri, BBC1 & ITV1

As the round-of-16 gets under way Down Under this week, the real challenge begins for the Lionesses. If England top Group D, they face the Group B runners-up (Australia, Republic of Ireland, Nigeria or Canada) in Brisbane on Monday (8.30am). Should they finish second, they'll play Group B's winners in Sydney on the same day (11.30am). The Lionesses got off to a sluggish start with a 1-0 victory over Haiti, thanks to a Georgia Stanway penalty.


Scotland's Blair Kinghorn

LIVE RUGBY UNION

Summer Nations Series

Saturday, Prime Video

The home nations are all in action this week as they warm up for the Rugby World Cup in September. The action begins at Murrayfield, where Gregor Townsend could turn to Blair Kinghorn following Stuart Hogg's retirement as Scotland host France (kick-off 3.15pm). That's followed by Wales against England in Cardiff (5.30pm), while Ireland take on Italy in Dublin (8pm) without captain Johnny Sexton, who is serving a three-match ban.

Superchargers' Ben Stokes

LIVE CRICKET

The Hundred

From Sat, BBC2, Sky Showcase, Sky Sports Cricket, Sky Sports Main Event & Sky Sports Mix

After missing last year's tournament due to a heavy workload, England Test captain Ben Stokes will be aiming to be available for Northern Superchargers after a gruelling Ashes series. His side face Southern Brave in Southampton on Sunday (2.30pm), Trent Rockets at Nottingham on Wednesday (3pm), and host Oval Invincibles on Friday at Headingley (6.30pm).

Sport A-Z and football planner »»

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Sport week A-Z GUIDE

AUSTRALIAN RULES

LIVE Hawthorn Hawks v Collingwood Magpies
Sat 7.30am TNT Sports 3

LIVE St Kilda Saints v Carlton Blues
Sun 6am TNT Sports 3

LIVE Geelong Cats v Port Adelaide Power
Sun 10am TNT Sports 3

LIVE Collingwood Magpies v Geelong Cats
Fri 10.30am TNT Sports 1

LIVE North Melbourne Kangaroos v Essendon Bombers
Fri 4.30am TNT Sports 2

BADMINTON

LIVE Australia Open
Sat 4am TNT Sports 4

BASEBALL

LIVE New York Yankees v Houston Astros
Sat 6pm TNT Sports 2

LIVE San Diego Padres v Los Angeles Dodgers
Sat 1.30am TNT Sports 2

LIVE Boston Red Sox v Toronto Blue Jays
Sun 6.30pm TNT Sports 2

LIVE San Diego Padres v Los Angeles Dodgers
Sun 12m't TNT Sports 1

LIVE San Diego Padres v Los Angeles Dodgers
Mon 9pm TNT Sports 1

LIVE Oakland Athletics v Texas Rangers

LIVE Tampa Bay Rays v St Louis Cardinals
Thu 11.30pm TNT Sports 1

LIVE New York Mets v Atlanta Braves
Fri 12m't TNT Sports 2

BASKETBALL

LIVE BIG 3
Sat 6pm TNT Sports 3

LIVE New York Liberty v Las Vegas Aces
Sun 8pm Sky Sports Action

COMBAT SPORTS

LIVE UFC Fight Night Prelims
Sat 12m't TNT Sports 1

LIVE Cory Sandhagen v Rob Font
Sat 2am TNT Sports 1
Catchweight bout.

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MotoGP
Francesco Bagnaia will be looking to extend his lead in the championship table at the British Grand Prix

CRICKET

LIVE Manchester Originals v London Spirit
Sat 10.30am Sky Sports Cricket, Sky Sports Mix & Sky Showcase
The women's Hundred match at Emirates Old Trafford. See p29.

LIVE Manchester Originals v London Spirit
Sat 2pm Sky Sports Cricket
The men's Hundred fixture at Emirates Old Trafford. See page 29.

LIVE Birmingham Phoenix v Trent Rockets
Sat 2pm Sky Sports Mix
The women's Hundred match from Edgbaston, Birmingham.

LIVE Jaffna Kings v Colombo Stars
Sat 3.15pm TNT Sports 4

LIVE Birmingham Phoenix v Trent Rockets
Sat 5.30pm Sky Sports Cricket & Sky Sports Mix, 5.45pm BBC2 & 7.30pm Sky Sports Main Event
The men's Hundred fixture from Edgbaston, Birmingham.

LIVE Southern Brave v Northern Superchargers
Sun 10.30am Sky Sports Cricket & Sky Sports Mix
Women's Hundred action from Ageas Bowl.

LIVE Southern Brave v Northern Superchargers
Sun 2pm Sky Sports Cricket & Sky Showcase
The men's Hundred game from Ageas Bowl.

LIVE Oval Invincibles v Welsh Fire
Sun 2pm Sky Sports Mix
Women's Hundred match at the Oval, south London.

LIVE West Indies v India
Sun & Tue 3pm TNT Sports 1
The second and third T20s in Providence.

LIVE Oval Invincibles v Welsh Fire
Sun 5.30pm Sky Sports Cricket & Sky Sports Mix, 7.30pm Sky Sports Main Event
Men's Hundred tie from the Oval.

LIVE Manchester Originals v Birmingham Phoenix
Mon 2.30pm Sky Sports Main Event, Sky Sports Cricket & Sky Sports Mix
Coverage of the women's Hundred fixture from Emirates Old Trafford.

LIVE Manchester Originals v Birmingham Phoenix
Mon 6pm Sky Sports Main Event, Sky Sports Cricket & Sky Sports Mix
Men's Hundred game in Manchester.

LIVE London Spirit v Southern Brave
Tue 2.30pm Sky Sports Main Event, Sky Sports Cricket & Sky Sports Mix
The women's Hundred match from Lord's.

LIVE London Spirit v Southern Brave
Tue 6pm Sky Sports Main Event, Sky Sports Cricket & Sky Sports Mix
Men's Hundred match from Lord's.

LIVE Trent Rockets v Northern Superchargers
Wed 11am Sky Sports Main Event, Sky Sports Cricket & Sky Sports Mix
Action from the women's Hundred competition at Trent Bridge.

LIVE Trent Rockets v Northern Superchargers
Wed 2.30pm Sky Sports Main Event, Sky Sports Cricket & Sky Showcase
Men's Hundred clash at Trent Bridge.

LIVE Oval Invincibles v Manchester Originals
Wed 2.30pm Sky Sports Mix & 2.45pm BBC2
The women's Hundred match from the Oval.

LIVE Oval Invincibles v Manchester Originals
Wed 6pm Sky Sports Main Event, Sky Sports Cricket, Sky Sports Mix & 6pm BBC2
Men's Hundred match from the Oval.

LIVE Birmingham Phoenix v Welsh Fire
Thu 2.30pm Sky Sports Cricket & Sky Sports Mix
The women's Hundred fixture from Edgbaston, Birmingham.

LIVE Birmingham Phoenix v Welsh Fire
Thu 6pm Sky Sports Main Event, Sky Sports Cricket & Sky Sports Mix
The men's clash in the Hundred from Edgbaston, Birmingham.

LIVE Northern Superchargers v Oval Invincibles
Fri 2.30pm Sky Sports Cricket & Sky Sports Mix
Women's clash in the Hundred, staged at Headingley in Leeds.

LIVE Northern Superchargers v Oval Invincibles
Fri 6pm Sky Sports Cricket, Sky Sports Mix & 6.15pm BBC2
Men's Hundred game at Headingley.

CYCLING

LIVE Track World Championships
Sat 9.55am & 5.25pm Euro1, 7pm BBC3; Sun 12noon Euro2, 4.55pm Euro1 & 7pm BBC3
Days three and four. See p29.

LIVE Mountain Bike World Championships
Sat 12.25pm Euro2 & 1.15pm BBC1
Day three at Fort William. See p29.

LIVE Road World Championships
Sun 9am Euro1, 9.30am BBC Scotland & 2.20pm BBC1; Tue 1pm BBC Scotland & Euro1
Coverage from Glasgow. See p29.

LIVE BMX World Championships
Sun 3pm, Mon 2.30pm & 5pm Euro2
Coverage from Glasgow. See p29.

LIVE Track World Championships
Mon 11.30am & 5pm Euro1, 2.30pm BBC2 & 7pm BBC3; Tue 12.30pm Euro2, 5pm Euro1, 5.30pm BBC2 & 7pm BBC3
Days five and six from Glasgow.

LIVE Mountain Bike World Championships
Wed 12.30pm BBC Scotland & Euro1, 3pm Euro2; Thu 5.30pm Euro1
Coverage from Glentress Forest.

LIVE Road World Championships
Wed 2.30pm Euro1
The men's time-trial in Glasgow.

LIVE Track World Championships
Wed 5.30pm Euro1 & 7pm BBC3
The seventh and final day in Glasgow.

LIVE Trials World Championship
Wed 6pm Euro2 & Fri 9am Euro1

LIVE Road World Championships
Thu 2pm & Fri 2.30pm BBC2 & Euro1; Thu 3pm BBC Scotland

LIVE BMX World Championships
Thu 3pm & 4.15pm Euro2
Coverage from Glasgow Green.

GOLF

LIVE Women's Scottish Open
Sat & Sun 1pm Sky Sports Golf
Days three and four in Ayrshire.

LIVE Wyndham Championship
Sat & Sun 5pm Sky Sports Golf & 9pm Sky Sports Main Event
Days three and four in Greensboro.

LIVE AIG Women's Open
Thu 11am & Fri 12noon Sky Sports Main Event & Sky Sports Golf
Days one and two at Walton Heath.

LIVE St Jude Championship
Thu 6pm & Fri 7pm Sky Sports Golf; Thu 9.30pm Sky Sports Main Event
Days one and two in Memphis.

HORSE RACING

LIVE Glorious Goodwood
Sat 1.30pm ITV

LIVE Sky Bet Sunday Series
Sun 3.30pm ITV4

LIVE Racing League
Thu 5.15pm ITV4

MOTORCYCLING

LIVE MotoGP
Sat 9.45am, 12.45pm & 2.30pm TNT Sports 2
British Grand Prix sprint race, third practice and qualifying sessions.

LIVE World Endurance
Sat 3.15am Euro2
The Eight Hours of Suzuka in Japan.

LIVE MotoGP
Sun 9.30am TNT Sports 2
British Grand Prix warm-up session.

LIVE Moto3
Sun 10.15am TNT Sports 2
The British Grand Prix race.

LIVE MotoGP
Sun 12.30pm TNT Sports 2
Coverage of the British Grand Prix, which takes place at Silverstone.

LIVE Moto2
Sun 2.15pm TNT Sports 2
British Grand Prix at Silverstone.

MOTORSPORT

LIVE World Rally Championship
Sat 6am, 9am & 1.30pm TNT Sports 1; 4.30pm TNT Sports 3; Sun 7am & 11am TNT Sports 1
Coverage from Rally Finland.

LIVE MotoE
Sat 12noon & 4pm TNT Sports 2
Coverage of the British Grand Prix.

LIVE Indycar
Sat 4pm & 7pm Sky Sports F1

LIVE World Rallycross
Sun 3pm TNT Sports 3

LIVE Indy NXT
Sun 4.55pm Sky Sports F1

LIVE NASCAR
Sun 7pm Viaplay Sports 1

LIVE IMSA Sportscar Championship
Sun 7pm Viaplay Xtra

LIVE Indycar
Sun 8pm Sky Sports F1
Big Machine Music City Grand Prix.

LIVE Indycar
Fri 2.30pm & 6pm Sky Sports F1

LIVE Indy NXT
Fri 9.50pm Sky Sports F1

NETBALL

LIVE World Cup
Sat 7.45am Sky Sports Main Event & Sky Sports Arena
The 11th-place play-off.

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LIVE World Cup semi-finals
Sat 10am & 2.45pm Sky Sports Arena, 3pm BBC2

LIVE World Cup play-offs
Sat 5pm Sky Sports Arena; Sun 7.45am & 10am Sky Sports Main Event & Sky Sports Arena, 7.45am Sky Sports Mix

LIVE World Cup
Sun 2.45pm Sky Sports Arena
The bronze-medal match.

LIVE World Cup
Sun 4.45pm Sky Sports Arena & 5pm BBC2
Coverage of the gold-medal match.

RUGBY LEAGUE

LIVE North Queensland Cowboys v Brisbane Broncos
Sat 6am Sky Sports Action

LIVE Cronulla-Sutherland Sharks v Gold Coast Titans
Sat 6.10am Sky Sports Mix

LIVE South Sydney Rabbitohs v Newcastle Knights
Sat 11am Sky Sports Action

LIVE Parramatta Eels v Newcastle Knights
Sat 3am Sky Sports Main Event & Sky Sports Arena

LIVE Canberra Raiders v Wests Tigers
Sat 4.50am Sky Sports Arena & 5am Sky Sports Main Event

LIVE Leeds Rhinos v Leigh Leopards
Sun 2.30pm Sky Sports Action (kick-off 3pm)
Super League match at Headingley.

LIVE Halifax Panthers v Featherstone Rovers
Mon 7.15pm Viaplay Sports 1

LIVE Cronulla-Sutherland Sharks v Gold Coast Titans
Fri 9am Sky Sports Arena

LIVE Brisbane Broncos v Parramatta Eels
Fri 11am Sky Sports Arena

LIVE St George Illawarra Dragons v Canberra Raiders
Fri 2.05am Sky Sports Main Event & Sky Sports Arena

LIVE North Queensland Cowboys v Wests Tigers
Fri 3.50am Sky Sports Main Event & Sky Sports Arena

RUGBY UNION

LIVE Northland v Canterbury
Sat 8.30am Sky Sports Action

LIVE Scotland v France
Sat 3.15pm Prime Video
The Summer Nations Series match from Murrayfield. See p29.

LIVE Wales v England
Sat 5.30pm Prime Video
Cardiff is the venue for the Summer Nations Series clash. See p29.

LIVE Ireland v Italy
Sat 8pm Prime Video
The Summer Nations Series game from Dublin. See p29.

LIVE Argentina v South Africa
Sat 8pm Sky Sports Action

LIVE New Zealand v Australia
Sat 3.25am Sky Sports Action

LIVE Northland v Taranaki
Wed 8am Sky Sports Arena

LIVE Counties Manukau v Hawke's Bay
Fri 8am Sky Sports Action

Football planner

Saturday 5

LIVE Women's World Cup
BBC1/ITV1 (kick-off 6am)
Coverage of the opening last-16 match, which sees the winners of Group A take on the Group C runners-up at Eden Park. *Transmission details of this week's Women's World Cup matches are subject to change.* See p29.

LIVE Women's World Cup
8.30am BBC1/ITV1 (kick-off 9am)
Coverage of the second last-16 match, as the winners of Group C face the Group A runners-up at Wellington Regional Stadium. Spain and Japan were expected to progress from Group C, with New Zealand, Switzerland and Norway among the Group A hopefuls.

LIVE Celtic v Ross County
11.30am Sky Sports Main Event & Sky Sports Football (kick-off 12.30pm)
The opening match of the Scottish Premiership season at Celtic Park.

LIVE Kilmarnock v Rangers
5pm Sky Sports Main Event & Sky Sports Football (kick-off 5.15pm)
The Scottish Premiership match at the BBSP Stadium Rugby Park.

LIVE Rochdale v Ebbsfleet United
5pm TNT Sports 1 (kick-off 5.30pm)
Coverage of the National League match from Crown Oil Arena.

LIVE Team Zinchenko v Team Shevchenko
5pm Sky Showcase, Sky Max & Pick
The Game4Ukraine charity football match from Stamford Bridge.

LIVE Women's World Cup
2.45am BBC1/2.50am ITV1 (kick-off 3am)
Coverage of the third last-16 match, as the winners of Group E face the Group G runners-up at Sydney Football Stadium. Holders USA will be involved in this match should they have won their group.

Sunday 6

LIVE Women's World Cup
9.30am BBC1/ITV1 (kick-off 10am)
The fourth last-16 match, as the winners of Group G face the Group E runners-up at Melbourne Rectangular Stadium. England claimed a 3-0 victory over Cameroon in the corresponding contest of the 2019 tournament.

LIVE Leicester City v Coventry City
11.30am Sky Sports Main Event & Sky Sports Football (kick-off 12noon)
The Championship match at King Power Stadium, as both sides begin their campaigns. The home side have sold several stars, but will be looking to bounce back after relegation from the top flight after nine years in the Premier League.

LIVE Leeds United v Cardiff City
2.15pm Sky Sports Main Event & Sky Sports Football (kick-off 2.30pm)
The Championship encounter from Elland Road.

LIVE SCOT PREMIERSHIP

Celtic v Ross County

Saturday, kick-off 12.30pm, Sky Sports Football & Sky Sports Main Event

As the new season begins, Brendan Rodgers has returned to champions Celtic after winning seven trophies during his first spell with the club from 2016 to 2019. Later on Saturday, runners-up Rangers face Kilmarnock (k-o 5.15pm).

LIVE CHAMPIONSHIP

Leicester City v Coventry City

Sunday, kick-off 12noon, Sky Sports Football & Sky Sports Main Event

Coventry missed out on promotion in the play-off final while Leicester dropped down to the second tier just seven years after winning the title. England's Conor Coady has joined the Foxes from Wolves.

LIVE EFL CUP

Wrexham v Wigan Athletic

Tuesday, kick-off 8pm, Sky Sports Football & Sky Sports Main Event

Forty-year-old keeper Ben Foster could be in the nets as Disney+ favourites Wrexham take part in the League Cup for the first time since the 2007-08 season following their promotion to League Two.

LIVE Manchester City v Arsenal
3.15pm ITV1 (kick-off 4pm)
The Community Shield, the curtain-raiser to the English campaign at Wembley. The Citizens won a Premier League, FA Cup and Champions League treble last term, but have lost in this fixture in the previous two campaigns – to Leicester City and Liverpool.

LIVE Sunderland v Ipswich Town
4.45pm Sky Sports Main Event & Sky Sports Football (kick-off 5pm)
Coverage of the Championship match from Stadium of Light.

Monday 7

LIVE Women's World Cup
8am BBC1/ITV1 (kick-off 8.30am)
The fifth last-16 match, as the winners of Group D face the Group B runners-up at Lang Park in Brisbane. England will hope to feature in this contest as the winners of their group, but the Republic of Ireland were ruled out of progression from Group B having lost their first two fixtures.

LIVE Women's World Cup
11am ITV1/11.15am BBC1 (kick-off 11.30am)
Coverage of the sixth last-16 match, as the winners of Group B face the Group D runners-up at Stadium Australia. Whichever team prevails in this contest will move onto the third quarter-final.

LIVE Larne v Dungannon Swifts
7.40pm Sky Sports Football (kick-off 7.45pm)
The Irish Premiership encounter staged at Inver Park.

Tuesday 8

LIVE Women's World Cup
8.30am ITV1/8.45am BBC1 (kick-off 9am)
Coverage of the seventh last-16 match, as the winners of Group H face the Group F runners-up, staged at Melbourne Rectangular Stadium in Australia. After claiming a 6-0 win over Morocco in their opening match, Germany were considered favourites to claim the top spot in Group H, which would see them feature here.

LIVE Women's World Cup
11.30am BBC1/ITV1 (kick-off 12noon)
Coverage of the eighth last-16 game, as the winners of Group F face the Group H runners-up in a match, which takes place at Hindmarsh Stadium in Adelaide, Australia. The Netherlands were the last time to book their place in the quarter-finals in 2019, when they defeated Japan 2-1. The team to triumph in this contest will claim the last quarter-final berth, and progress to a meeting against the winners of the fifth last-16 match next Saturday.

LIVE Wrexham v Wigan Athletic
7pm Sky Sports Main Event & Sky Sports Football (kick-off 8pm)
Coverage of the EFL Cup first-round encounter, which takes place at the Racecourse Ground, as the home side play their first EFL Cup match since their return to the Football League. The two clubs have faced each other 24 times over the course of history, with the hosts coming out on top only five times. The League Two team have, however, won the last three meetings, with the last victory coming way back in 2002.

LIVE Champions League
8pm TNT Sports 1 (kick-off 8pm)
Coverage of a qualifying match in Europe's premier competition.

LIVE Champions League
8pm TNT Sports 2 (kick-off 8pm)
Coverage of a qualifying game in Europe's premier competition.

Wednesday 9

LIVE Burton Albion v Leicester City
7pm Sky Sports Main Event & Sky Sports Football (kick-off 8pm)
The EFL Cup first-round encounter, which takes place at Pirelli Stadium, as the two East Midlands clubs go head-to-head. The teams have only ever met five times since their first meeting in 1985, with the home side only coming out on top once in those five fixtures. The last game between the teams was also in the EFL Cup in 2019, when the visitors, then of the Premier League, won 3-1.

LIVE Rangers v Servette or KRC Genk
7.30pm BBC Scotland
Coverage of the UEFA Champions League third qualifying round first-leg match, staged at Ibrox. Rangers successfully negotiated a path to the group stage last year, and will be looking for a positive result to take to either Switzerland or Belgium for the return leg.

LIVE Champions League
8pm TNT Sports 1 (kick-off 8pm)
A qualifying match.

LIVE Champions League
8pm TNT Sports 2 (kick-off 8pm)
A qualifying game.

Thursday 10

LIVE Women's World Cup
1.45am BBC1/ITV (kick-off 2am)
The first quarter-final, which takes place at Wellington Regional Stadium in New Zealand. England made headlines back home at this stage of the 2019 competition, when they recorded a 1-0 victory over Norway to book a place in the last four.

Friday 11

LIVE Women's World Cup
8.15am BBC1/ITV1 (kick-off 8.30am)
The second quarter-final, which takes place at Eden Park in Auckland, New Zealand. Reigning champions USA continued their road to victory with a 2-1 win over host nation France at this stage of the 2019 competition.

LIVE Burnley v Manchester City
6.30pm Sky Sports Main Event, Sky Sports Premier League & Sky Showcase (kick-off 8pm)
The Premier League encounter from Turf Moor, as former City legend Vincent Kompany makes his top-flight managerial debut against his old club. He guided the Clarets to an immediate return to the Premier League last year, and welcomes his former manager Pep Guardiola, who will be looking to become the first manager to lead his side to four consecutive Premier League titles. See p28.

LIVE Ligue 1
7.45pm TNT Sports 1
Action from the French top flight.

PHOTOS: GETTY

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Saturday

5 August

Evening Planner

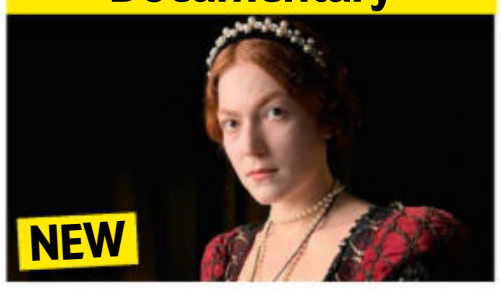
Football

Women's World Cup
BBC & ITV1, times vary
The last-16 stage of the competition gets underway as the teams play for a place in the quarter-finals (kick-offs 6am & 9am).

Football

Game4Ukraine
Sky Showcase/Sky Max, 5pm
A host of stars will be playing as Team Shevchenko take on Team Zinchenko in this charity match from Stamford Bridge.

Documentary



The Queens that Changed the World
C4, 7.15pm
This series charting the lives of influential female monarchs begins with Elizabeth I.

OnDemand

prime video

Rugby Union
Scotland entertain France (kick-off 3.15pm), England travel to Cardiff to play Wales (5.30pm), before Ireland take on Italy (8pm).

SKY EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES								
101 BBC1	◂ 6.50 The Weakest Link	7.35 Pointless Celebrities		8.25 Casualty		9.15 Champion	10.00 News	10.20 Film: When Harry... †
102 BBC2	◂ 5.45 The Hundred – Live: Birmingham Phoenix v Trent Rockets (Start-time 6.00)				9.00 Tony Bennett at the London Palladium		10.00 Arena: Tony Bennett's New York	
103 ITV1	7.00 Celebrity Catchphrase Celebrity Special		8.00 Moneyball		9.00 The Chase Celebrity Special		10.00 Irvine Welsh's Crime	
104 CHANNEL 4		7.15 The Queens that Changed the World		8.15 Matt Baker's Travels in the Country: USA		9.15 Becoming Elizabeth		10.30 Film: Terminator...
105 CHANNEL 5	◂ 6.20 When Cruises Go Wrong		7.45 Secrets of the Royal Dressmakers: Upstairs, Downstairs			9.15 Buckingham Palace with Alexander...	10.15 Andrew: The Rise and Fall...	
106 SKY SHOWCASE	◂ 5.00 Game4Ukraine – Live: Team Zinchenko v Team Shevchenko				9.00 Film: Hummingbird			
ENTERTAINMENT								
115 BBC3	7.00 Cycling: World Championships – Live: Day three from Glasgow				9.00 World Cup...	9.30 Two Pints of Lager and a Packet of Crisps		
116 BBC4	7.00 Our Coast		8.00 Rome: A History of the Eternal City		9.00 Clean Sweep			
118 ITV2	7.00 Film: Harry Potter and the Chamber of Secrets				9.00 Film: Fast & Furious 8			
136 MORE4	◂ 6.55 My Floating Home		7.55 Bettany Hughes' Treasures of the World		9.00 24 Hours in A&E			
135 E4	7.00 Film: Galaxy Quest				9.00 Celebrity Gogglebox		10.00 Gogglebox	
107 SKY WITNESS	7.00 Border Security: Australia's Front Line		8.00 Caught on Dashcam		9.00 Law & Order: Special Victims Unit		10.00 Law & Order: Organized Crime	
108 SKY ATLANTIC	◂ 6.50 The Sopranos		7.55 Game of Thrones					
110 GOLD	◂ 6.15 Only Fools and Horses				9.00 Mrs Brown's Boys	9.40 The Royle Family		
111 DAVE	7.00 Red Bull Soapbox Race		8.00 Not Going Out	8.40 Not Going Out Live		9.20 Not Going Out	10.00 Mock the Week	
119 ITV3	7.00 Midsomer Murders							
120 ITV4	◂ 5.00 World Series of Darts: New Zealand Masters				9.00 English Football League Highlights			10.35 Film: Pale...
112 COMEDY CENTRAL	7.00 Friends				9.00 Film: Midnight Run			
139 SKY SCI-FI	7.00 Stargate Atlantis				9.00 True Blood			
113 SKY MAX	◂ 5.00 Game4Ukraine – Live: Team Zinchenko v Team Shevchenko				9.00 Rob & Romesh vs Crufts		10.00 The Overlap on Tour	
109 ALIBI	7.00 Father Brown		8.00 Inspector George Gently				10.00 Death in Paradise	
130 SKY ARTS		7.05 Discovering...	7.30 The Rolling Stones: Rock and Roll Circus		9.00 Tina Turner – What's Love Live			
132 W	7.00 My Family				9.00 The Catherine Tate Show			
DOCUMENTARY								
125 DISCOVERY	7.00 Deadliest Catch		8.00 Tracked		9.00 Hoffman Family Gold		10.00 Expedition Unknown	
162 ANIMAL PLANET	7.00 How Do Animals Do That?		8.00 Wildest Islands of Indonesia		9.00 Wildest Europe		10.00 Alaskan Bush People	
129 NAT GEO	7.00 Airport Security: Colombia				9.00 Airport Security: Rome			
123 SKY HISTORY	7.00 Ancient Aliens				9.00 Kings of Pain			
155 YESTERDAY	7.00 Great American Railroad Journeys						10.00 Porridge	
121 SKY DOCS	◂ 6.00 Film: Spitfire		8.00 Superpowered: The DC Story		9.00 Film: Hijacked: Flight 73			
FILMS - Sky Cinema								
301 PREMIERE	◂ 6.15 Assassin		8.00 Maggie Moore(s)			9.55 House Party		
303 CREATURES	7.00 Jaws				9.10 Jurassic World			
304 GREATS	◂ 5.50 Notting Hill		8.00 Birdy				10.05 Risky Business	
305 ANIMATION	◂ 5.40 Hotel...	7.20 Hotel Transylvania 3: Summer Vacation			9.05 Rabbit Academy			10.30 Mosley
306 FAMILY	◂ 6.15 The Karate Kid Part II			8.20 The Karate Kid: Part III				10.20 Ghostbusters
307 ACTION	◂ 5.45 Black Adam		8.00 Fast & Furious 5				10.15 The Raid	
308 COMEDY	◂ 6.10 Dad's Army		8.00 Mamma Mia!				10.00 Kingpin	
309 THRILLER	◂ 6.00 Panic Room		8.00 The International				10.00 Eye in the Sky	
310 DRAMA	◂ 6.10 Mr Holmes		8.00 The King's Speech				10.05 Selma	
311 SUMMER SCARES	◂ 6.35 Open Water		8.00 Shaun of the Dead				10.00 Saw IV	
302 WIZARDING WORLD	◂ 6.30 Fantastic Beasts: The Crimes of Grindelwald				8.50 Fantastic Beasts: The Secrets of Dumbledore			
313 FILM4	◂ 6.35 The Day After Tomorrow				9.00 Infinite			
SPORT								
401 MAIN EVENT	◂ 5.00 SPFL – Live	7.30 The Hundred – Live: Birmingham Phoenix Men v Trent Rockets Men			9.00 PGA Tour Golf – Live: The Wyndham Championship			
402 PREMIER LEAGUE	7.00 Premier League Years				9.00 Premier League Preview		10.00 PL Icons	10.30 PL Retro
403 FOOTBALL	◂ 5.00 SPFL – Live: Kilmarnock v Rangers (Kick-off 5.15)			8.30 SPFL				
404 CRICKET	◂ 5.30 The Hundred – Live: Birmingham Phoenix Men v Trent Rockets Men					9.15 The Hundred Bitesize	10.00 The Hundred	
410 TNT SPORTS 1	◂ 5.00 National League – Live		7.45 Premier League Preview		9.00 WWE Friday Night SmackDown			10.30 World Rally...
411 TNT SPORTS 2	◂ 6.00 MLB – Live: New York Yankees v Houston Astros (Start-time 6.05)					9.30 Fight Night – Live: Liam Davies v Jason Cunningham		

◂ Denotes programmes starting before 7.00pm † Regions vary

SATURDAY

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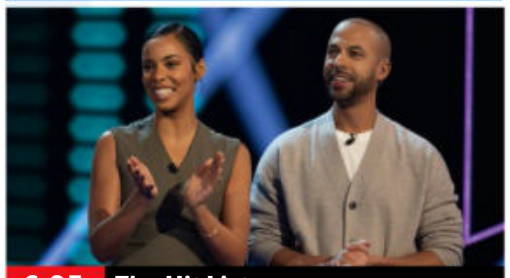
Saturday

BBC1

101 101 | 101 101 | 1 101 | 101 101/106

6.00 AM **Breakfast** (S)
10.00 **Saturday Kitchen Live** New edition With Rob Rinder. (S)
11.30 **Nadiya Bakes** (S)(R)(AD)
12.00 NOON **Homes Under the Hammer** From Hartlepool. (S)(R)
1.00 PM **BBC News** (S)
1.15 LIVE **Cycling: World Championships** Day three of the event held in Fort William. (S)
4.45 **Garden Rescue** (S)(R)
5.45 **BBC News** (S)
5.55 **Local News** (S)

• *Alternative schedule* If BBC1 show today's World Cup football, the schedule will be: **6.00am LIVE Football: Women's World Cup** The opening last-16 match. **8.30 LIVE Football: Women's World Cup** The second last-16 match. **11.15 Homes Under the Hammer 12.15-1.00pm Bargain Hunt**



6.05 The Hit List

6 PM

6.05 The Hit List New edition 8/12. Contestants from Nottingham, Basingstoke, Bristol and Camberley take part in the music quiz presented by Marvin and Rochelle Humes. (S)

6.50 The Weakest Link With Fern Britton, Owain Wyn Evans, Naga Munchetty, Charlie Stayt, Mr Motivator, Carol McGiffin, Diarmuid Gavin and Dr Punam Krishan. (S)(R)

7 PM

7.35 Pointless Celebrities Series finale With Harpz Kaur, Harriet Rose, John Middleton, Nicola Thorp, Aurie Styla and Chris Washington. (S)

8 PM

8.25 Casualty *Dog Days:* Max returns to the ED to treat a mother and son who have been involved in a car accident. (S)(AD)

9 PM

9.15 Champion New episode *Dat Is It:* 6/8. Drama. Beres, Aria and Vita journey to Jamaica for a family funeral. (S1) (S)(AD)
■ Entire series on BBC iPlayer

10 PM

10.00 BBC News (S)
10.20 FILM **When Harry Met Sally...** Romantic comedy starring Billy Crystal and Meg Ryan. A man and a woman develop a close friendship but a sexual attraction threatens to ruin the relationship. (S) (1989, 15, 90min) ★★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
11.50 FILM **Eighth Grade** Comedy drama starring Elsie Fisher. (S) (2018, 15, 90min) ★★★★★
1.20 AM **Weather for the Week Ahead**
1.25 **to 6.00** AM **BBC News** (S)

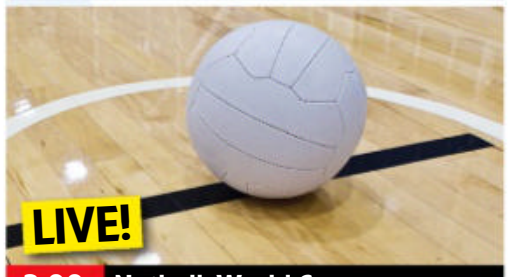
• *Alternative schedule* If BBC1 show tonight's World Cup football, the schedule will be: **1.25am BBC News 2.45 LIVE Football: Women's World Cup** The third last-16 match. **5.45-6.00am BBC News**

BBC2

102 102/115 802 | 102 102 | 2 102 | 102 102/106

6.40 AM **Children's Programmes**
10.00 **Animals Unexpected** (S)(R)(AD)
11.00 **Undiscovered Worlds with Steve Backshall** (S)(R)(AD)
12.00 NOON **Caribbean Food Made Easy** With Levi Roots. (S)(R)(AD)
12.30 PM **Food & Drink** (S)(R)(AD)
1.00 FILM **Whisky Galore!** Ealing comedy starring Basil Radford. (S) (1949, b/w, U, 80min) ★★★★★
2.20 **Natural World: Honey Badgers – Masters of Mayhem** (S)(R)
3.00 LIVE **Netball World Cup** Coverage of the second semi-final. Centre-pass is at 3.00. (S)
5.00 **Flog It!** Interesting finds. (S)(R)

• *Alternative schedule* If BBC1 show today's World Cup football, the BBC2 schedule will be: **6.00am Breakfast 10.00 Saturday Kitchen Live 11.30am-12.00noon Nadiya Bakes**



3.00 Netball: World Cup

5.45 LIVE **Cricket: The Hundred** Birmingham Phoenix v Trent Rockets: Coverage of the men's match staged at Edgbaston in Birmingham. When these teams met last year, star man Alex Hales hit 58 runs from 41 balls as the Rockets reached their victory target in fine style. All-rounder Liam Livingstone top scored for the Phoenix, bludgeoning 47 runs from 28 deliveries. Start-time is at 6.00.

9.00 Tony Bennett at the London Palladium: BBC Sessions An evening devoted to the late singer begins with this 2011 concert staged to celebrate his 85th birthday. With guests Cleo Laine and Leona Lewis. (S)(R)

10.00 Arena: Tony Bennett's New York Documentary taking a look at the man behind the silky voice as Tony Bennett takes a tour around his native city and the world of American music. (S)(R)

11.20 **Tony Bennett Sings** The singer performs a selection of his favourite songs. (S)(R)
11.50 **Tony Bennett Sings** Songs by Duke Ellington, Johnny Mercer and Cole Porter. (S)(R)
12.20 AM **Tony Bennett: BBC Sessions** Tony Bennett performs a selection of his best-loved songs. (S)(R)
1.20 FILM **Luzzu** Maltese drama. (S) (2021, 15, 90min) ★★★★
2.50 **to 6.35** AM **Previews** (S)

ITV1

103 103/176 803 | 103/113 | 3 103 | 103 111

6.00 AM **CITV**
8.25 **Oti Mabuse's Breakfast Show** New edition With Ellie Taylor. (S)
9.25 **ITV News** (S)
9.30 **James Martin's American Adventure** (S)(R)(AD)
10.30 **Catchphrase** (S)(R)(AD)
11.15 **Jason Atherton's Dubai Dishes** New edition (S)(AD)
12.10 PM **Cooking with the Stars** (S)(R)
1.15 **ITV News** (S)
1.30 LIVE **Racing: Glorious Goodwood** Day five of the festival. (S)
4.00 FILM **GoldenEye** James Bond thriller. (S) (1995, 15) ★★★★

• *Alternative schedule* If ITV show today's World Cup football, the schedule will be: **8.00am James Martin's Great British Adventure 8.25 ITV News 8.30-11.15am LIVE Football: Women's World Cup** Coverage of the second last-16 match.

8.00 Moneyball

6.30 **ITV News** (S)

6.45 **Local News** (S)

7.00 Catchphrase Celebrity Special Stephen Mulhern hosts the game show in which comedian Tom Allen, singer Fleur East and *Corrie* star Simon Gregson play for charity. (S)(R)(AD)

8.00 Moneyball New edition Ian Wright hosts as three more teams of two try to bank money by dropping a ball from the Launcher on to an amount of cash. (S)(AD)

9.00 The Chase Celebrity Special Melvin Odoom, Carl Fogarty, Louis Smith and Bonnie Langford answer general knowledge questions and work as a team to take on a Chaser and secure a charity prize. (S)(R)

10.00 Crime Series finale 6/6. Lennox faces his demons in order to discover the truth. (S1) (S)(AD)
10.55 **ITV News** (S)
11.15 **EFL Highlights** The opening fixtures of the season. (S)(R)
12.40 AM **Tipping Point: Lucky Stars** (R)
1.30 **Romeo & Duet** (S)(R)(AD)
2.25 **Paul Sinha's TV Showdown** (R)
3.00 **The Killing of June Fox-Roberts**
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Fishing Allstars** (S)(R)

• *Alternative schedule* If ITV show tonight's World Cup football, the schedule will be: **2.25am Made in Britain 2.50-5.05am LIVE Football: Women's World Cup** The third last-16 match.

+1 hour | 203 | 303 | 35 | 112

CHANNEL 4

104 104/108 804 | 104/108 | 4 104 | 104/106

6.10 AM **The King of Queens** (S)(R)
7.20 **Cheers** 26-28/28. (S11) (S)(R)
8.55 **The Simpsons** (S)(R)(AD)
12.15 PM **Undercover Boss USA** (S)(R)
1.15 FILM **MouseHunt** Comedy starring Nathan Lane and Lee Evans. The efforts of two brothers to renovate an old mansion are thwarted by a tenacious mouse. (S) (1997, PG, 110min) ★★★★
3.05 **Four in a Bed** The first destination is North Kingsfield Holiday Cottages in East Yorkshire. (S)(R)
3.35 From Crackin' View Guest House in Northumberland. (S)(R)
4.10 The Domo Boutique Hotel in Oldbury near Birmingham. (S)(R)
4.40 A visit to the Crown Inn in Gayton, Norfolk. (S)(R)
5.10 The hosts meet up. (S)(R)
5.45 **News** (S)

9.15 Becoming Elizabeth

6.15 NEW SERIES **Elizabeth II: Making a Monarch** 1/2. Documentary exploring Queen Elizabeth II's early life, told through a selection of rare photographs, video archive and expert testimony. (S)(AD)

7.15 NEW SERIES **The Queens that Changed the World** 1/6. The reigns of influential queens, starting with Elizabeth I – who created peace and prosperity in a nation divided by religious turmoil. (S)(AD)

8.15 NEW TO C4 **Matt Baker's Travels in the Country: USA** 1/6. Matt travels across the Atlantic to experience rural USA. Starting in Florida, he visits a cattle farmer with a passion for keeping traditions alive. *Previously on More4.* (S)(AD)

9.15 Becoming Elizabeth New episode *Lighten Our Darkness:* 4/8. Having been sent away from Catherine and Thomas' household, Elizabeth is now among strangers in the house of Kat's brother-in-law, Antony Denny. (S1) (S)(AD)

10.30 FILM **Terminator Genisys** Sci-fi adventure sequel starring Arnold Schwarzenegger and Emilia Clarke. A time traveller sent on a rescue mission discovers a plot to change history beyond recognition. (S) (AD) (2015, 12, 140min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.50 AM FILM **Bloodshot** Sci-fi thriller starring Vin Diesel. A resurrected soldier tries to solve a conspiracy. (S) (2020, 12, 110min) ★★
2.40 **Couples Come Dine with Me** (R)
3.35 **Hollyoaks Omnibus** (S)(SL)(R)(AD)
5.40 **to 6.10** AM **Beat the Chef** (S)(R)

+1 hour | 204/208 | 304 | 15 | 121

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

CHANNEL 5

105 105 805 | 105 | 5 105 | 105 105

5.50 AM **Milkshake!**
10.05 **Teenage Mutant Ninja Turtles** Animated adventures. (S)(R)
10.25 **Entertainment News** (S)
10.30 **Friends** (S2) (S)(R)(AD)
12.25 PM **Bargain-Loving Brits in the Sun** Raising money to build a dog rescue centre. (S)(R) **1.25** A man who runs the Costa del Sol's longest established British fish and chip shop. (S)(R) **2.25** Singer Alex introduces her rescue dog to the world of diets and exercise. (S)(R) **3.20** Chris and Gary arrive in Spain to start a new life. (S)(R)
4.20 **Jane McDonald: Cruising USA** Highlights of Jane's American travels. In Los Angeles, the singer boards a cruise ship bound for San Francisco. (S)(R)

9.15 Buckingham Palace

6.15 **News** (S)
6.20 **When Cruises Go Horribly Wrong** Documentary taking a look at terrifying travel disasters from recent history, including a cruise ship sailing off the coast of Norway that was caught in a dangerous storm. (S)(R)

7.45 **Secrets of the Royal Dressmakers: Upstairs, Downstairs** The designers who create outfits for royal occasions, including wedding dresses, featuring a look at some of the most memorable gowns and interviews with their makers. (S)(R)

9.15 **Buckingham Palace with Alexander Armstrong** New edition 2/6. The actor reveals how tragedy struck in 1788 when George III's behaviour spiralled out of control due to ill health. (S)

10.15 NEW SERIES **Andrew: The Rise and Fall of the Playboy Prince** 1/3. A look at the Duke of York's descent into disgrace, featuring interviews with royal insiders and journalists. (S)

11.50 **Celeb Wars: Sex & Scandal** 1/3. Exploring the world of tabloid journalism. (S)(R)
12.50 AM **Entertainment News** (S)
1.00 **Teleshopping** (S)
3.00 **Great British Ships** (S)(R)
3.45 **Michael Palin in North Korea** 2/2. Documentary. (S)(R)
4.30 **Building Britain's Canals** (S)(R)
5.20 **to 5.25** AM **Entertainment News** (S)

+1 hour 205 | 305 | 38 | 128

SKY SHOWCASE

106 106 806 | 109 | 340 355

6.00 AM **Monkey Life** (S)(R)(AD)
7.30 **American Auto** (S)(R)
9.00 **The Simpsons** (S)(R)
10.30 LIVE **Cricket: The Hundred** Manchester Originals v London Spirit: Coverage of the women's match held at Old Trafford.
2.00 PM FILM **The Twilight Saga: Eclipse** Supernatural thriller starring Robert Pattinson and Kristen Stewart. Vampire Edward and werewolf Jacob make an alliance to protect Bella from a vampire army. (S) (2010, 12, 123min) ★★★
4.10 **The Simpsons** *King of the Hill:* Homer is hired to climb a treacherous mountain. (S)(R) **4.35** *Lost Our Lisa:* Lisa persuades Homer to let her visit the museum. (S)(R)

9.00 Hummingbird

5.00 LIVE **Game4Ukraine** Team Zinchenko v Team Shevchenko: Coverage of the charity football match at Stamford Bridge, staged to raise funds for the United24 initiative to help in Ukraine's rebuilding of facilities and infrastructure caused by the Russian invasion.

9.00 FILM **Hummingbird** Revenge thriller starring Jason Statham. A former soldier turned rough sleeper becomes an avenging angel on the streets of London. With Agata Buzek, Vicky McClure and Benedict Wong. (S) (2013, 15, 100min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

11.00 **Rob & Romesh vs Crufts** Dog owners Rob Beckett and Romesh Ranganathan enter their pets in Crufts. (S)(R)(AD)
12.00 M'T **An Idiot Abroad** 2/8. Karl Pilkington explores India and visits the Taj Mahal. (S)(R)(AD)
1.00 AM **Road Wars** (S)(R)
2.00 **Caught on Dashcam** (S)(R)
3.00 **to 6.00** AM **Nothing to Declare** (S)(R)

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
4.45pm Sportscene Results (S) **5.15-5.45** Beechgrove Repotted (S)(R) **10.20** Sportscene: Premiership Highlights (S)(R) **11.35** FILM When Harry Met Sally: Romantic comedy. (S) (1989, 15, 90min) ★★★★★ **1.05am** FILM Eighth Grade: Drama. (S) (2018, 15, 90min) ★★★★★ **2.35** Weather for the Week (S) **2.40-6.00am** BBC News (S)

N. IRELAND
Sky 966, Virgin 863, Freesat 966
No variations

WALES
Sky 965, Virgin 864, Freesat 965
4.45pm Question of Sport (S)(R) **5.15-5.45pm** Britain's Busiest Mountain: Our Lives (S)(R)

BBC2

N. IRELAND
Sky 969, Freesat 969
No variations

WALES
Sky 968, Freesat 968
2.20pm Nature's Weirdest Events (S)(R) **2.30-3.00pm** Weatherman Walking (S)(R)

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **8.00** Stwnsh Sadwrn **10.00** Ty am Ddim **11.00** Eisteddfod Genedlaethol Cymru New edition **1.00pm** Eisteddfod Genedlaethol Cymru New edition **3.00** Eisteddfod Genedlaethol Cymru New edition **6.15** Am Dro! (AD) **7.15** Newyddion a Chwaraeon **7.30** Noson Lawen **8.30** Gemau'r Haf – Rygbi **9.30** Eisteddfod Genedlaethol Cymru New edition The day's events. **10.30** Priodas Pum Mil: Bryn a Kerry **11.30pm-12.35am** Eisteddfod Genedlaethol Cymru

BBC3

115/117/121 | 107/157 | 23 107 | 179 | 107

BBC3 programmes start at 7.00pm

7.00 PM LIVE **Cycling: World Championships** Day three of the annual World Track Championships staged at the Sir Chris Hoy Velodrome in Glasgow.
9.00 **MOTD: Women's World Cup Highlights** Action from the opening two last-16 matches at Eden Park and Wellington Regional Stadium in New Zealand.
9.30 **Two Pints of Lager and a Packet of Crisps** 1/6. Donna tries to find a boyfriend to please her mum. **10.00** 2/6. Louise gets stretch marks from dieting. **10.30** 3/6. Janet attempts to romance boyfriend Jonny. **11.00** 4/6. Janet decides to enrol as a student. (S1)
11.30 **Dreaming Whilst Black**
12.20 AM **Life and Death in the Warehouse**
1.20 **Charlotte in Sunderland**
1.50 **Mobility** Comedy short.
2.00 **to 4.00** AM **Two Pints of Lager and a Packet of Crisps**

BBC4

116 116 | 107/108 | 9/24 106 | 108

BBC4 programmes start at 7.00pm

7.00 PM **Our Coast** Adrian Chiles and Mehreen Baig explore the Co Down coastline.
8.00 **Rome: A History of the Eternal City** The role of religion in creating and maintaining the city's power.
9.00 **Clean Sweep** New episodes *Find Her:* 3/6. A UK police officer reopens a 20-year-old case with links to Shelly and Lynch. **9.45** *Deirdre:* 4/6. Shelly juggles her parenting and other responsibilities. (S1) ■ Entire series on BBC iPlayer
10.40 **Wogan's Best of Blankety Blank**
11.15 **Parkinson Meets Michael Crawford**
12.10 AM **Michael Crawford and Michele Dotrice Remember... Some Mothers Do 'Ave 'Em**
12.40 **Some Mothers Do 'Ave 'Em** First-ever episode.
1.10 **To Be Perfectly Frank**
1.40 **Rome: A History of the Eternal City** As 8.00pm.
2.40 **to 3.40** AM **Our Coast**

MORE4

136/137 831 | 147 | 18 | 124

8.55 AM **Food Unwrapped**
9.30 **A Place in the Sun**
12.30 PM **Four in a Bed**
3.05 **Bake Off: The Professionals**
4.10 **Come Dine with Me** Five editions, including at: **6.20** The final soiree in the Nottingham and Derby area sees a night of glamour.
6.55 **My Floating Home** Following a couple who put their life savings on the line to make their dream of living on water come true.
7.55 **Bettany Hughes' Treasures of the World** 2/8. The host journeys to the biblical sites Bethany Beyond the Jordan, the Dead Sea and Machaerus, where John the Baptist was imprisoned and killed.
9.00 **24 Hours in A&E** Ninety-three-year-old Ernest is brought in with life-threatening injuries after being knocked down by a hit-and-run driver.
10.00 **24 Hours in A&E** An eight-year-old boy falls 8ft on to concrete, possibly injuring his spine, while a teenage motorcyclist is in danger of losing a leg.
11.05 **8 Out of 10 Cats Does Countdown** Double bill of the comedy game show.
1.15 AM **24 Hours in A&E** Double bill of the series.
3.20 **to 3.45** AM **Food Unwrapped**

+1 hour 236/237 | 347 | 125

E4

135/136 830 | 106 | 13 | 122

6.00 AM **Don't Tell the Bride**
7.50 **Lego Masters New Zealand** The teams create an emblem to represent a cricketing nation.
8.50 FILM **The SpongeBob Movie: Sponge Out of Water** Animation featuring the voice of Tom Kenny. (2015, U, 93min) ★★★
10.35 **Ramsay's Kitchen Nightmares USA**
1.35 PM **Modern Family** (S1)
3.30 **Young Sheldon** (S6)
4.30 **The Big Bang Theory** (S4)
7.00 FILM **Galaxy Quest** Sci-fi comedy starring Tim Allen and Sigourney Weaver. The stars of a defunct sci-fi series are whisked off into space to fight a real intergalactic battle by an alien race that has mistaken their show for fact. (1999, PG, 102min) ★★★★
9.00 **Celebrity Gogglebox** Famous faces appraise *Hijack, A Wright Family Holiday* and *Puzzling.*
10.00 **Gogglebox** The armchair critics review *Wild Isles, Starstruck, The Apprentice, MILF Manor* and *The Piano.*
11.05 **Gogglebox**
12.05 AM **First Dates: Valentine's Special**
1.10 **First Dates**
2.15 **Celebrity Gogglebox**
3.10 **Gogglebox**
4.05 **to 6.00** AM **Ramsay's Kitchen Nightmares USA**

+1 hour 235/236 | 306 | 30 | 123

SATURDAY Entertainment

Saturday

Sky Witness

107 107 807 | 110 | 341 356

6.00 AM **Bondi Rescue**
7.00 **Border Patrol**
10.00 **Stop, Search, Seize**
11.00 **Air Ambulance ER**
12.00 NOON **UK Border Force**
1.00 PM **Caught Red Handed** The case of a violent attack on a small village store. **1.45** A couple targeted by troublesome teenagers.
2.30 **Caught on Dashcam** Road disasters captured by drivers' dashboard cameras.
3.30 **Nothing to Declare** Seven editions of the documentary.

9.00 Law & Order: SVU

7 PM
7.00 **Nothing to Declare** A woman may be carrying a deadly disease. **7.30** A man is caught smuggling wildlife.

8 PM
8.00 **Caught on Dashcam** Outrageous road disasters, captured in video form by in-vehicle dashboard cameras.

9 PM
9.00 **Law & Order: Special Victims Unit** *Soldier Up:* 11/22. Benson tries to help the gang member who attacked her. (S24)

10 PM
10.00 **Law & Order: Organized Crime** *The Infiltration Game:* 11/22. Jamie meets the gang's boss. (S3)
11.00 **The Good Doctor** 15/22. Dr Jared Kalu makes a surprise return. (S6)
12.00 M'T **Departure** 1/6. (S3)
1.00 AM **The Rookie** 4/20. (S1)
2.00 **Bull** 5/23. (S1)
3.00 **to 6.00** AM **Nothing to Declare**

+1 hour 207 310

Sky Atlantic

108/109 108/109 808 | 342 357

6.00 AM **The Guest Wing**
9.00 **Britannia** 3-7/9. (S1)
2.25 PM **The Sopranos** 11/13. Tony books into the Plaza Hotel for peace and quiet. **3.30** 12/13. Christopher discovers Adriana's secret. **4.40** 13/13. Tony takes desperate measures to keep the peace. (S5) **5.45** 1/21. Tony receives a retirement request. **6.50** 2/21. A comatose Tony dreams about being a businessman on a trip. (S6)

2.25 The Sopranos

7.55 **Game of Thrones** *Cripples, B****rds and Broken Things:* 4/10. Ned refuses to trust either Pycelle or Littlefinger as he searches for the truth.

9.00 **Game of Thrones** *The Wolf and the Lion:* 5/10. Ned tries to stop Robert from entering the tournament after a death.

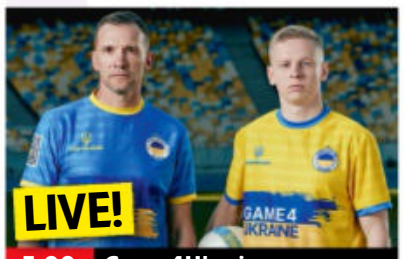
10.05 **Game of Thrones** *A Golden Crown:* 6/10. Ned hears that associates of the Lannisters are stirring up trouble. (S1)
11.10 **Game of Thrones** (S1)
1.20 AM **Euphoria: Trouble Don't Last Always** 9/10. Rue deals with the aftermath of being left by Jules and relapsing. (S1)
2.25 **Das Boot** 5/8. Subtitled. (S1)
3.35 **In Treatment** (S1)
4.05 **to 6.00** AM **The Guest Wing**

+1 hour 208/209

Sky Max

113/114 113/114 | 111 | 346 361

6.00 AM **The Flash** 15-18/23. (S3)
10.00 **Fringe** Four episodes. (S4&5)
2.00 **Hawaii Five-0** 17/25. Serial killer Dr Madison Gray returns. **3.00** 18/25. McGarrett and Danny finally track down the missing uranium. **4.00** 19/25. McGarrett and Kono suspect a girl is a victim of a sex-trafficking ring. (S7)
5.00 LIVE **Game4Ukraine** Team Zinchenko v Team Shevchenko: Coverage of the charity football match staged at Stamford Bridge.



5.00 Game4Ukraine

LIVE **Game4Ukraine** (started at 5.00pm).

9.00 **Rob & Romesh vs Crufts** Dog owners Rob Beckett and Romesh Ranganathan enter their pets in Crufts.

10.00 **The Overlap on Tour** Roy, Gary and Jamie take to the stage in London and go for pie and mash with Stuart Pearce.
11.00 **Warrior** 5&6/10. (S2)
1.00 AM **An Idiot Abroad**
2.00 **Magnum P.I** New episode 7/20. Crime drama. (S5)
3.00 **The Blacklist** New episode 7/22. Crime thriller. (S10)
4.00 **A League of Their Own: US Road Trip 2.0**
5.00 **to 6.00** AM **Sun, Sea and A&E**

ITV2

118 118 816 | 115 | 6 | 113

6.00 AM **Totally Bonkers Guinness World Records**
6.35 **Secret Crush**
8.30 **Dress to Impress**
11.35 **Celebrity Catchphrase**
12.35 PM **In for a Penny**
1.10 FILM **Stuart Little** Children's fantasy adventure featuring the voice of Michael J Fox. (1999, U, 90min) ★★★★★
2.50 FILM **Harry Potter and the Philosopher's Stone** Fantasy adventure starring Daniel Radcliffe. (2001, PG, 152min) ★★★★

5.55 The Chamber of Secrets

5.55 FILM **Harry Potter and the Chamber of Secrets** Fantasy adventure sequel starring Daniel Radcliffe. The boy wizard and his friends confront a dark force terrorising the school. (2002, PG, 161min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 FILM **Fast & Furious 8** Action adventure sequel starring Vin Diesel and Charlize Theron. Racing criminal Dominic Toretto is recruited by a terrorist, setting him at odds with his old gang. (2017, 12, 136min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.45 **Family Guy** 5/21. Peter and Joe play pranks. (S9) **12.10** AM 19/22. The gang reunite with Cleveland. (S8)
12.40 **American Dad!** (S10&9)
1.35 **All American** 10/20. (S4)
2.30 **to 3.00** AM **Totally Bonkers Guinness World Records**

+1 hour 218 315 29 114

ITV3

119 119 817 | 117 | 10 | 115

6.00 AM **Never the Twain**
6.40 **A Touch of Frost**
8.50 FILM **Carry On Matron** Comedy starring Sid James. (1972, PG, 90min) ★★
10.35 **Rosemary & Thyme**
12.45 PM **A Touch of Frost**
3.00 **Endeavour** *Coda:* A murder in the world of fashion stirs up old gangland conflicts.
5.00 **Midsomer Murders** *Wild Harvest:* A man is mauled to death by a wild boar and the ensuing investigation leads Barnaby to a celebrity chef.

7.00 Midsomer Murders

7.00 **Midsomer Murders** *The Flying Club:* Barnaby and Nelson discover dark secrets in the world of stunt pilots and military heroes after an airfield owner is hit on the head and dropped to his death from a plane.

9.00 **Midsomer Murders** *The Killings of Copenhagen:* Barnaby and Nelson team up with a pair of detectives in Copenhagen to investigate the murder of factory boss Eric Calder. Guest stars Sanjeev Bhaskar and Joanna Scanlan.

11.00 **Maigret – Night at the Crossroads** 1/2. The detective discovers a rural community is full of secrets. (S2)
1.05 AM **Scott & Bailey** 6/6. Rachel narrowly avoids being run over by a car. (S1)
2.05 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 59 116

BBC Scotland

SCOT 115 108 9 106 106
REST OF UK 187 162 110

12.00 NOON **This Is BBC Scotland**
7.00 PM **The Seven**
7.15 **The Edit** New edition Entertainment news.
7.30 **Sportscene: Premiership Highlights** The opening fixtures of the season, including Celtic v Ross County and Kilmarnock v Rangers.
8.45 **The Mart** 3/6. Turkey farmer Craig promotes his poultry at the Taste of Grampian event.
9.15 **Scot Squad** 1/6. Chief Miekelson becomes the victim of an undercover tabloid sting. (S5)
9.45 **The Farm** The farm is hit by diesel bandits.
10.15 FILM **In the Loop** Satirical political comedy. (2009, 15, 101min) ★★★★
11.55 PM **to 12.00** M'T NEW **Loop** Matt Kinghorn from Aberdeenshire performs his poem *Sometimes*.

Sky Comedy

114/115 | 112 | 347 362

8.00 AM **A.P. Bio** (S4)
10.30 **Bloods** 4/10. (S2)
11.00 **Entourage** 2-6/8. (S1)
1.30 PM **Will & Grace** (S8)
3.55 **Girls** 9&10/10. (S6)
5.05 **The Conners** (S1)
6.30 **The Office (US)** 11/22. Michael takes the staff on a motivational cruise. **7.00** 12/22. Michael injures his foot. **7.30** 13/22. Jim regrets telling Michael about his feelings for Pam. **8.00** 14/22. Michael reminisces about his pre-management days. **8.30** 15/22. Michael hosts a seminar. (S2)
9.00 **Curb Your Enthusiasm**
10.45 **And Just Like That...** 8/11. *Sex and the City revival* starring Sarah Jessica Parker. (S2)
11.45 **Hung** 2&3/10. (S2)
12.55 AM **Breeders** (S1)
1.25 **Vice Principals** (S1)
2.35 **How to Make It in America** 1&2/8. (S1)
3.45 **to 5.00** AM **Veep**

Sky Arts

130/131 140 123 11 147 365

6.00 AM **Beethoven's Fidelio**
8.30 **Tales of the Unexpected**
11.00 **Hitchcock Presents**
1.00 PM FILM **Sherlock Holmes and the Voice of Terror** Mystery. (1942, b/w, U) ★★
2.20 **Discovering: Julie Andrews**
3.20 **Master Crafters: The Next Generation**
4.20 **Les Misérables: 25th Anniversary**
7.05 **Discovering: Eagles**
7.30 **The Rolling Stones: Rock and Roll Circus**
9.00 NEW **Tina Turner: What's Love Live**
11.15 **Discovering: Tina Turner**
11.45 **Women Who Rock**
1.00 AM FILM **Pearl Jam Twenty** Documentary. (2011, 15) ★★★★
3.35 **Classic Albums**
4.35 **Discovering: Foo Fighters**
5.00 **Discovering: Simply Red**
5.30 **to 6.00** AM **Discovering: The Smiths**

Pick

151 | 135 | 36 | 144

6.00 AM **Nothing to Declare**
11.00 **Stop, Search, Seize**
12.00 NOON **Highway Cops**
1.00 PM **Motorway Patrol**
2.00 **Wild Dogs: Running with the Pack**
3.00 **Kenya Wildlife Diaries**
4.00 **Nomads of the Serengeti** Documentary.
5.00 LIVE **Game4Ukraine** Team Zinchenko v Team Shevchenko: Coverage of the charity football match staged at Stamford Bridge.
9.00 **Caught on Dashcam**
10.00 **SEAL Team** *Say Again Your Last:* 5/22. Bravo Team try to rescue American students. (S2)
11.00 **Mark of a Serial Killer**
12.00 M'T **Britain's Most Evil Killers** Mark Bridger.
1.00 AM **The Force: North East** Documentary.
2.00 **Border Security: America's Front Line**
4.00 **to 6.00** AM **Highway Patrol**

ITV Be

131/132 | 119 | 28 | 119

7.00 AM **The Real Housewives of Atlanta**
8.00 **Masters of Flip**
9.00 **LittleBe**
12.00 NOON **Sugar Showdown**
12.25 PM **Masters of Flip**
1.20 **Little Women: LA**
2.20 **Olivia Marries Her Match** Four editions.
6.40 FILM **Runaway Bride** Romantic comedy with Julia Roberts and Richard Gere. (1999, PG, 116min) ★★★
9.00 **Botched** A facial skin graft growing pubic hair challenges surgeon Paul Nassif's skills.
10.00 **Kavos Weekender** El Jefe is keeping an eye on his rookie reps. **11.00** David is isolating in his hotel room after catching coronavirus.
12.00 M'T **to 1.00** AM **For Real: The Story of Reality TV**

+1 hour 319 58

GREAT! tv

157 170 50 142

6.00 AM **Highway to Heaven**
8.00 **Diagnosis Murder**
11.00 **Danielle Steel's No Greater Love** Drama.
1.00 PM **Danielle Steel's Remembrance** Drama.
3.00 **Danielle Steel's A Perfect Stranger** Romantic drama.
5.00 **Danielle Steel's Changes** Drama starring Cheryl Ladd.
7.00 **Diagnosis Murder** *Retribution – Part One:* Dr Sloan is suspected of murdering a mob boss. **8.00** *Retribution – Part Two:* Steve tries to prove his father's innocence.
9.00 **An Inheritance to Die For: An Aurora Teagarden Mystery**
10.45 **A Game of Cat and Mouse: An Aurora Teagarden Mystery**
12.30 AM **Castle** (S5)
3.00 **to 4.00** AM **Return of the Saint**

+1 hour 257 62 143

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 120 818 118 26 117

6.00 AM **World of Sport**
6.20 **The Protectors**
6.55 **Minder**
7.55 **British Touring Car Championship Highlights**
9.30 **Racing: Opening Show**
10.30 **The Big Match Revisited**
12.40 PM **The Derby Through the Years** From Epsom Downs.
12.55 **Made in Britain**
1.25 **World Superbike Highlights**
2.25 FILM **Rio Lobo** Howard Hawks' Civil War Western adventure with John Wayne. (1970, PG, 110min) ★★★

5.00 Darts

5.00 **World Series of Darts: New Zealand Masters** A chance to see day two of the tournament at the Globox Arena in Hamilton, New Zealand, featuring the quarter-finals, semi-finals and final.

9.00 **English Football League Highlights** Action from the opening fixtures of the season, including Blackburn Rovers v West Bromwich Albion.

10.35 FILM **Pale Rider** Western starring Clint Eastwood. A mysterious lone horseman protects a mining settlement against land-grabbers. (1985, 15, 115min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.55 AM **Motorsport UK**
1.50 **Auto Mundial**
2.20 **The Protectors**
2.50 **to 3.00** AM **Unwind with ITV**

+1 hour 220 318 60 118

Sky Sci-Fi

139/140 836 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Merlin** 6-10/13. (S2)
4.00 PM **Stargate Atlantis** 15/20. When a woman is found in suspended animation, the team are shocked to discover that it is Dr Weir. **5.00** 16/20. The team search for a Zero Point Module on the planet Dagan. **6.00** 17/20. The crew are given an opportunity to send video messages to their loved ones on Earth. (S1)

9.00 True Blood

7.00 **Stargate Atlantis** *The Gift:* 18/20. Teyla learns that she is a descendant of someone the Wraith experimented on.

8.00 **Stargate Atlantis** *The Siege – Part One:* 19/20. The team defend themselves against Wraith warships. (S1)

9.00 **True Blood** *Frenzy:* 11/12. Bill seeks advice on dealing with Maryann from the vampire queen of Louisiana.

10.05 **True Blood** *Beyond Here Lies Nothin':* 12/12. Sookie is forced to be Maryann's maid of honour for her sacrifice. (S2)

11.15 FILM **Megalodon Rising** Disaster drama starring Wynter Eddins. An armada of modern warships set out to destroy a monstrous shark. (2021, 15, 83min) ★★
1.00 AM **Wynonna Earp** (S4)
3.00 **The Outpost** 8-9/13. (S3)
5.00 **to 6.00** AM **Stargate Atlantis**

Alibi

109/110 809 114 343 358

7.10 AM **Murdoch Mysteries** (S2)
10.00 **Hudson & Rex** 1-4/20. (S5)
2.00 PM **Death in Paradise** Five episodes, including at: **4.00** 2/8. The island's governor is poisoned at her leaving party. Guest stars Lucy Cohu and Nigel Lindsay. **5.00** 3/8. DI Goodman investigates when a young model is strangled in the middle of a fashion show. (S5) **6.00** 4/8. A coffee plantation owner is shot dead. Guest stars Anna Chancellor. (S8)

10.00 Death in Paradise

7.00 **Father Brown** *The Eve of St John:* The priest investigates when a group of pagans are suspected of killing one of their own.

8.00 **Inspector George Gently** *Peace and Love:* The detectives investigate the death of a left-wing academic following a nuclear disarmament rally – and find themselves in the midst of a wave of social and sexual rebellion.

10.00 **Death in Paradise** *Unlike Father, Unlike Son:* 8/8. A murder suspect is shot while being held in police custody. (S4)

11.00 **Death in Paradise** 1/8. A millionaire environmentalist is shot dead on his boat. (S5)
12.00 M'T **Pretty Hard Cases** 10/10. An undercover sting takes a dangerous turn. (S1)
1.00 AM **Murdoch Mysteries**
3.00 **to 4.00** AM **Annika**

+1 hour 209/210 314

GOLD

110/111 110/111 124 344 359

7.05 AM **Desmond's**
7.45 **2point4 Children**
8.20 **Are You Being Served?**
9.00 **Citizen Khan**
10.20 **Only Fools and Horses**
1.00 PM **Only Fools and Horses** Nine episodes, including: **4.20** Del and Rodney's estranged father reappears. **5.00** Del encounters an old flame from 20 years previously. **5.40** Del and Rodney mourn Grandad's death. **6.15** Rodney starts dating an aristocrat's daughter.

9.00 Mrs Brown's Boys

7.40 **Only Fools and Horses** Rodney brings home a stranger claiming to be an old friend of Del Boy's. **8.20** Rodney becomes a wanted man after a good deed backfires.

9.00 **Mrs Brown's Boys** Agnes tries to gatecrash Maria's hen party.
9.40 **The Royle Family** Barbara decides she has had enough of Jim's laziness and walks out. **10.20** The Royles look forward to celebrating Antony's 18th birthday.

11.00 **Harry Enfield and Chums** Featuring the Camp Jockeys. **11.40** Tim Nice-but-Dim finds a kindred spirit.
12.15 AM **Billy Connolly Does**
1.20 **The Royle Family**
2.30 **to 4.00** AM **Harry Enfield and Chums**

+1 hour 210/211 324

Dave

111/112 127 19 157

7.10 AM **Yianni: Supercar Customiser** Double bill.
8.00 **Rick Stein's Long Weekends**
9.00 **Anthony Bourdain: Parts Unknown** Double bill.
11.00 **Storage Hunters UK**
1.00 PM **Red Dwarf**
2.20 **Mortimer & Whitehouse: Gone Fishing** Double bill.
3.40 **Would I Lie to You?**
5.00 **Red Bull Soapbox Race** Highlights from the gardens of Villa Borghese in Rome. **6.00** Action from Eduardo VII Park in Lisbon, Portugal.

5.00 Red Bull Soapbox Race

7.00 **Red Bull Soapbox Race** A race down the treacherous Cerro San Cristobal hill in Santiago.

8.00 **Not Going Out** Lucy considers having a breast augmentation. **8.40** Lee and Lucy are strong-armed into organising a Christmas variety show at a school. **9.20** Lee and Lucy discover a neighbour's embarrassing package.

10.00 **Mock the Week** With Ed Gamble, Ed Byrne, Maisie Adam and Rhys James. **10.40** With Angela Barnes and Ed Gamble
11.20 **QI XL** With Lucy Porter, Ross Noble and Frankie Boyle.
12.00 M'T **Have I Got a Bit More News for You** Jo Brand hosts the satirical quiz.
1.00 AM **Comedians Giving Lectures** With Rhys James.
1.40 **to 4.00** AM **Schitt's Creek**

+1 hour 211 327 57

Saturday 7 PM 8 PM 9 PM 10 PM

4seven

137/138 143 49 127

9.00 AM **Four in a Bed**
11.30 **Come Dine with Me**
1.00 PM **Come Dine with Me**
2.00 **A Place in the Sun: Home or Away**
3.00 **A Place in the Sun**
6.00 **A Place in the Sun: Home or Away**
7.00 **A Place in the Sun** Craig Rowe helps Geoff find a holiday home in Barbados.
8.00 **George Clarke's Old House, New Home** A dilapidated Georgian-style crescent house in Weston-super-Mare.
9.00 **Grand Designs** A cutting-edge home by the River Thames.
10.00 **Chris McCausland Live: Speaky Blinder** Stand-up comedy.
11.05 **24 Hours in A&E**
12.05 AM **Celebrity Gogglebox 2021**
1.10 **Gogglebox**
2.10 **The Girl from Plainville**
4.05 **to 5.00** AM **999: On the Front Line**

5USA

141/169 120/162 21 129

9.00 AM **Murder, She Wrote**
1.00 PM **Murder, She Wrote** Seven episodes of the drama, including at: **7.00** *A Little Night Work:* A priceless necklace is stolen. **8.00** *Mr Penroy's Vacation:* Cabot Cove is thrust into the limelight.
9.00 **Criminal Minds** *Damaged:* 14/20. Rossi tries to solve an old case. **10.00** *A Higher Power:* 15/20. A sharp rise in the number of suicides arouses suspicion. (S3)
11.00 **Law & Order: Special Victims Unit** *Gone Fishin':* 1/24. Fin crosses international borders to catch a fugitive rapist. **11.55** *Mood:* 2/24. Benson's private life is under scrutiny. (S19)
12.50 AM **NCIS** 11/24. (S14)
1.50 **Law & Order** (S7)
3.35 **to 4.00** AM **Criminals: Caught on Camera**

+1 hour 241 320 130

5STAR

128/129 126 32 131

8.00 AM **Call the Bailiffs: Time to Pay Up**
10.00 **Car Pound Cops: Give Me My Car Back!**
12.00 NOON FILM **Cocoon** Fantasy drama. (1985, PG, 117min) ★★★★
2.25 PM FILM **Batteries Not Included** Fantasy. (1987, PG) ★★★★
4.35 FILM **The Jewel of the Nile** Adventure sequel. (1985, PG, 104min) ★★★★
6.50 FILM **Kong: Skull Island** Adventure. (2017, 12, 118min) ★★★★
9.00 FILM **Contagion** Medical thriller. (2011, 12, 106min) ★★★★
11.10 FILM **Dracula Untold** Fantasy adventure. (2014, 15, 92min) ★★
1.00 AM **Casualty 24/7: Every Second Counts**
2.00 **100% Hotter**
2.55 **to 3.00** AM **Entertainment News**

+1 hour 228/229 326 141

5Action

150 130 33 132

9.00 AM **Entertainment News**
9.05 **Trucking Hell**
11.05 **Police Interceptors**
1.00 PM **Motorway Cops: Catching Britain's Speeders** Triple bill.
4.05 FILM **The Alamo** Epic Western. (2004, 12, 137min) ★★★
6.40 FILM **U-571** World War Two submarine drama starring Matthew McConaughey and Harvey Keitel. (2000, 12, 115min) ★★★
9.00 FILM **Lethal Weapon 3** Comedy action thriller sequel starring Mel Gibson and Danny Glover. The LA cops pursue a violent gunrunner. (1992, 15, 118min) ★★
11.25 FILM **Shooter** Action thriller starring Mark Wahlberg. (2007, 15, 125min) ★★★★
2.00 **to 3.00** AM **999: Criminals Caught on Camera**

W

132/133 827 125 25 156

6.10 AM **The Bill**
11.00 **Tipping Point**
5.00 PM **My Family** Susan and Janey decide to change their dentist. **5.40** Michael has problems at school. **6.20** Brigitte arranges a blind date for Janey. **7.00** Susan celebrates her 40th birthday. **7.40** The rising crime rate unsettles Susan. **8.20** The Harper family discuss death.
9.00 **The Catherine Tate Show** Guest stars Siobhan Redmond. **9.40** With Jill Halfpenny. **10.20** Schoolgirl Lauren visits the gym.
11.00 **Emily Atack: Adulting**
12.00 M'T **One Born: What Happened Next?**
1.00 AM **Lives on Fire**
2.05 **to 3.00** AM **Rachel's Kitchen Notebook: Cosmopolitan Cook**

+1 hour 232/233 325

Drama

143 116 20 158

7.20 AM **Howards' Way**
9.25 **When the Boat Comes In** Triple bill.
12.55 PM **Last of the Summer Wine**
1.35 **Pie in the Sky**
3.35 **Campion**
6.00 **The Brokenwood Mysteries** *Old Blood Money:* 2/6. Mike and the team discover dead bodies in the manor home of a pair of ageing siblings. (S9)
8.00 **Father Brown** *The Shadow of the Scaffold:* A convicted killer begs the priest for help.
9.00 **Strike: Career of Evil** 1/2. Robin receives a severed leg in the post. **10.20** 2/2. Strike goes in search of a murder suspect. (S3)
11.40 **Rebus** *Knots & Crosses.*
1.15 AM **Kingdom**
2.15 **to 4.00** AM **Small Island**

+1 hour 243 316 60

Really

142 128 17 160

6.00 AM **Fantasy Homes by the Sea** From Sussex.
7.00 **Teleshopping**
8.00 **Antiques Road Trip**
10.00 **Dr Pimple Popper**
1.00 PM **A Place in the Sun**
3.00 **The Yorkshire Auction House** A woman wants to get rid of thousands of her husband's comics.
4.00 **Helicopter ER**
8.00 **Cornwall Air 999**
9.00 **The Dead Files** New edition Steve and Amy head to the Florida Everglades, where a woman claims her family is being torn apart by paranormal forces.
10.00 **Death Walker with Nick Groff** New edition Nick investigates spirits at Risser Hospital.
11.00 **Ghost Adventures**
12.00 M'T **Haunted Museum**
1.00 AM **Ghost Adventures**
2.00 **Teleshopping**
4.00 **to 6.00** AM **Antiques Road Trip**

Challenge

145 139 48 146

7.00 AM **The Chase**
9.00 **Wheel of Fortune**
11.00 **Family Fortunes**
1.00 PM **All Star Family Fortunes** Calum Best and Denise Welch hope to win up to £30,000 for a charity of their choice. **1.45** *Emmerdale* actor Kelvin Fletcher and former England rugby union international Austin Healey compete.
2.30 **Strike It Lucky** Triple bill of the game show.
4.00 **Tenable** A family of five from Kent compete.
5.00 **The Chase** Four editions of the quiz show hosted by Bradley Walsh.
9.00 **The Celebrity Chase** With guests Samia Longchambon, Alex Brooker, Annabel Giles and Julian Clary.
10.00 **The Chase** Quiz show.
11.00 **Bullseye** Ten editions of the darts-based quiz.
4.00 **to 6.00** AM **The Chase**

GREAT! action

323 426 42 305

6.00 AM FILM **Storm Cell** Thriller. (2008, 12) ★
7.55 **Wings at War: Fight for Britain**
9.00 **Wild West Chronicles**
11.00 FILM **Four Fast Guns** Western. (1960, U) ★★
12.30 PM FILM **Ride Lonesome** Western. (1959, 12) ★★★★
2.00 FILM **Gunmen from Laredo** (1959, 12) ★★
3.25 FILM **Face of a Fugitive** Western. (1958, U) ★★
5.10 FILM **Cowboy** Western. (1958, PG) ★★★
7.05 FILM **Wyatt Earp's Revenge** (2012, 12) ★★
9.00 FILM **The Shepherd: Border Patrol** Thriller. (2008, 15, 91min) ★★
10.55 FILM **Babylon A.D** Sci-fi. (2008, 12) ★★★
12.45 AM FILM **Double Team** Thriller. (1997, 18) ★★
2.50 **to 4.00** AM FILM **The Traitors** (1962) ★★★

+1 hour 324

GREAT! movies

321 425 34 302

9.10 AM FILM **Pregnant and Alone** Drama. (2020, PG, 89min) ★★
11.10 FILM **Fatal Defense** Thriller with David Cade. (2017, 12, 122min) ★★
1.00 PM FILM **Reflections** Thriller. (2008, 15) ★★
3.05 FILM **Jack and Jill** Comedy. (2011, PG) ★
4.55 FILM **Big Daddy** Comedy. (1999, 12, 95min) ★★★
6.50 FILM **Pixels** Comedy with Adam Sandler. (2015, 12, 105min) ★★
9.00 FILM **As Good As It Gets** Comedy. (1997, 15, 138min) ★★★★
11.50 FILM **Anger Management** Comedy. (2003, 15) ★★★★
2.00 AM FILM **The Perfect Stalker** Thriller. (2017, 12, 90min) ★★
4.00 **to 6.00** AM FILM **Text to Kill** Crime drama. (2015, 12, 83min) ★★

+1 hour 322 61

GREAT! romance

319 424 52 303

6.00 AM FILM **Enchanted Christmas** (2017) ★★
8.00 FILM **Marry Me at Christmas** (2017) ★★
10.00 FILM **A Star Crossed Christmas** Drama. (2017, PG, 86min) ★★
12.00 NOON FILM **Christmas Pageant** Comedy. (2011, U, 87min) ★★★
2.00 PM FILM **Love at the Parade** (2012, PG) ★★
4.00 FILM **Christmas Catch** Comedy. (2018, PG) ★★
6.00 FILM **Christmas with a Prince** (2018, PG) ★★
8.00 FILM **My Christmas Love** (2016, PG) ★★
10.00 FILM **Hometown Holiday** Romantic drama. (2017, PG, 84min) ★★
12.05 AM FILM **Her Magical Christmas** Drama. (2017, PG, 90min) ★★
1.35 FILM **A Midnight Kiss** Drama. (2018, PG) ★★
3.05 **to 4.00** AM **Highway to Heaven**

+1 hr 320 63 304

Legend

148 149 41 137

7.00 AM **World's Most Unexplained...**
8.00 FILM **Brothers of the Frontier** Western. (1995, U, 87min) ★★
9.50 **Legend Lowdown**
10.00 **Walker, Texas Ranger**
3.00 PM FILM **The Lone Ranger** Western. (1956, U, 86min) ★★★
4.50 FILM **Troy: Odyssey** Fantasy. (2017, PG) ★★
6.35 **Legend Lowdown**
6.45 FILM **Lightning Strikes** Sci-fi horror thriller. (2009, 12, 90min) ★★
8.30 **The Twilight Zone** (S1)
9.00 FILM **War Pigs** World War Two adventure. (2015, 15, 88min) ★★
10.50 FILM **Who Dares Wins** Action crime thriller. (1982, 18, 124min) ★
1.20 AM FILM **Deadsight** Horror thriller. (2018, 15, 81min) ★★
2.50 **to 4.30** AM FILM **The Butterfly Room** Thriller. (2012, 15, 87min) ★★

DMAX

172 169 38 150

6.00 AM **Deadliest Catch**
9.00 **Alaskan Bush People**
12.00 NOON **Life Below Zero: Canada**
3.00 PM **Alaska: Homestead Rescue** Four editions.
7.00 **My Cat from Hell**
8.00 **The Aquarium**
9.00 **The Vet Life** The vets sterilise the bulls at a sanctuary for rescue cows to help deal with a surprising baby boom.
10.00 **Dad with No Limbs: Body Bizarre** The story of a man born with no ears who has become a talented musician.
11.00 **Monsters Inside Me** Double bill of editions.
1.00 AM **Marooned with Ed Stafford** From Norway.
2.00 **Teleshopping**
4.00 **Insane Pools: Off the Deep End**
5.00 **to 6.00** AM **Baggage Battles**

+1 hour 258 369

Food Network

140/141 190 43 148

6.00 AM **Diners, Drive-Ins and Dives** Four editions.
8.00 **The Pioneer Woman**
1.00 PM **James Martin's Mediterranean**
2.00 **James Martin's American Adventure**
3.00 **Ottolenghi's Mediterranean Feast**
8.00 **Hairy Bikers: Route 66**
9.00 **Man v Food with Casey Webb**
11.00 **Summer Baking Championship** New edition The bakers create grill pan and rainbows desserts.
12.00 M'T **Mystery Diners: Millions Gone Missing**
12.30 AM **Mystery Diners: Sneakiest Schemes**
1.00 **Mystery Diners: Family Feuds** Cooking series.
1.30 **Mystery Diners: Love Hurts**
2.00 **to 3.00** AM **Donal's Meals in Minutes**

+1 hour 240/241 149

Comedy Central

112/113 132 345 360

8.00 AM **Friends** (S8&9)
1.00 PM FILM **Police Academy 5: Assignment Miami Beach** Comedy adventure sequel. (1988, PG, 90min) ★
2.40 FILM **Brewster's Millions** Comedy starring Richard Pryor and John Candy. (1985, PG, 97min) ★★★
4.45 **Friends** (S9)
9.00 FILM **Midnight Run** Comedy thriller starring Robert De Niro and Charles Grodin. (1988, 18, 122min) ★★★★
11.30 **Jason Manford Live** The stand-up comedian performs at Manchester Arena in 2011.
12.30 AM **Jimmy Carr: Being Funny** Stand-up show.
2.40 **South Park** (S10)
4.00 **Beavis and Butt-Head**
4.15 **to 5.00** AM **Naughty Toddlers Caught on Camera**

+1 hour 212/213 332

Comedy Cen. Extra

127/128 154

6.00 AM **Joel & Nish vs the World** From Argentina.
7.00 **Teleshopping**
9.00 **Most Ridiculous: Wild Weather**
9.30 **Most Ridiculous: Celebrations**
10.00 **The Middle** (S8)
1.00 PM **Friends** (S8&9)
5.10 **The Middle** (S8)
9.00 **Friends** 11/24. Rachel visits work to show off her new baby. **9.30** 12/24. Rachel tries to make amends with work rival Gavin. **10.00** 13/24. Ross asks Chandler to help him make Rachel jealous. **10.35** 14/24. Joey and Phoebe play Cupid for Rachel and Ross. (S9)
11.05 **Friends** (S9)
1.05 AM **The Middle** (S2)
2.00 **Reno 911!** (S1)
3.40 **Digman!** (S1)
4.30 **Ren & Stimpy Show**
5.15 **to 6.00** AM **Funniest Adverts on the Planet**

Blaze

164 174 64 162

6.00 AM **Pawn Stars**
8.00 **Lost Secrets of the Pyramid** Documentary.
9.00 **Legends of the Pharaohs** Tutankhamun.
10.00 **The Proof Is Out There**
12.00 NOON **Strange Evidence** Double bill.
2.00 PM **Ancient Aliens**
8.00 **The Proof Is Out There** Video footage captures a large, hairy creature. **8.30** Examining claims that Mars was colonised centuries ago.
9.00 **Court Cam** Double bill.
10.00 **What the Killer Did Next** The aftermath of Bei Carter's murder.
11.00 **Crimes That Shook Britain** The murder of Lee Rigby in May 2013.
12.00 M'T **Stalked by a Ghost**
1.00 AM **Encounter: UFO**
2.00 **Mega Disasters**
3.00 **to 6.00** AM **Hardcore Pawn**

+1 hour 81

5SELECT

153 138 46 133

9.00 AM **GPs: Behind Closed Doors** Double bill.
11.00 **Walking Britain's Lost Railways** Four editions.
3.00 PM **Digging Up Britain's Past** Five editions.
8.00 **The Frontier** 1/6. The history of the American frontier. As former British Colonies on the east coast became the USA, sights were set on what lay west.
9.00 FILM **Hang 'Em High** Revenge Western starring Clint Eastwood and Inger Stevens. A cowboy hunts down the lynch mob that tried to kill him. (1967, 18, 114min) ★★★★
11.25 **The Chernobyl Disaster: Meltdown**
12.25 AM **The Chernobyl Disaster: Firestorm**
1.25 **The Chernobyl Disaster: Fallout**
2.25 **to 3.00** AM **Walking Tudor Britain**

HGTV

158 191 44 166

7.00 AM **Escape to the Country** Four editions.
11.00 **My Lottery Dream Home** Double bill.
12.00 NOON **Barbie Dreamhouse Challenge**
1.00 PM **My Lottery Dream Home** Four editions.
3.00 **A Place in the Sun**
8.00 **Escape to the Country** Nicki Chapman looks for a North Yorkshire home for two keen walkers on a budget of £400,000.
9.00 **Your Home Made Perfect** Property makeover show.
10.00 **Escape to the Country** A search for a property in West Yorkshire. **11.00** A property hunt in Worcestershire. **12.00** M'T A family look for a retreat in Cumbria.
1.00 AM **Rock the Block**
2.00 **Escape to the Country**
3.00 **to 4.00** AM **A Place in the Sun**

+1 hour 272 391 151

RealityXtra

147 172 68 134

9.00 AM **Medical Detectives**
12.00 NOON **Forensics**
2.00 PM **Medical Detectives**
5.00 **Judge Judy** Back-to-back real-life cases, including at: **8.45** A man accuses his wife's aunt of illegally repossessing his truck. **9.10** A woman accuses her ex-roommate of being a 'party animal' and claims she owes for breaking their lease. **9.35** Custody of a Spider motorcycle, the alleged theft of jewellery and life on a houseboat come into play when ex-lovers call it quits. **10.00** A woman claims her ex-boyfriend owes for an unpaid loan.
10.25 **Judge Judy**
12.30 AM **World's Most Unexplained...**
1.00 **Psychic Private Eyes**
4.00 **Forensics**
5.35 **to 6.00** AM **Judge Judy**

TLC

133/134 828 165

7.00 AM **Say Yes to the Dress: Lancashire**
8.00 **Say Yes to the Dress**
9.00 **Say Yes... UK**
10.00 **Flip or Flop**
11.00 **Rock the Block**
12.00 NOON **My Lottery Dream Home**
1.00 PM **My 600lb Life**
3.00 **Dr Pimple Popper**
4.00 **The Bad Skin Clinic**
5.00 **Sister Wives**
6.00 **Say Yes... Atlanta**
7.00 **1000lb Sisters**
9.00 **Boy With a Tail: Body Bizarre**
10.00 **Living Statue: Body Bizarre** Documentary.
11.00 **My Strange Addiction**
12.00 M'T **Half Body Teen**
1.00 AM **Extreme Cheapskates**
2.00 **Bubble Man Meets the Pope: Body Bizarre**
3.00 **My Strange Addiction**
4.00 **to 6.00** AM **Say Yes to the Dress: UK**

+1 hour 233/234 365

HorrorXtra

317 171 69 138

8.00 AM FILM **Bermuda Tentacles** Sci-fi thriller. (2014, 12, 86min) ★★
10.00 FILM **Wyvern** Fantasy. (2009, 15, 84min) ★★
12.00 NOON FILM **Megaconda** Thriller with Dylan Vox. (2010, 12, 86min) ★★
2.00 PM FILM **Apocalypse of Ice** Disaster drama. (2020, PG, 88min) ★★
4.00 **Farscape** 9-12/22. (S1)
9.00 FILM **Wired Shut** Thriller starring Blake Stadel and Natalie Sharp. A writer in an isolated cabin has a visit from his daughter – but she is not the only person who arrives. (2021, 15, 95min) ★★
10.55 FILM **Initiation** Horror thriller starring Isabella Gomez and Lindsay LaVanchy. (2020, 18, 96min) ★★
1.05 **to 3.00** AM FILM **Wired Shut** As 9.00pm.

+1 hour 318 371 139

Sky Replay

152 156

7.00 AM **Dragons: Rescue Riders** Five editions.
9.05 **Four Weddings**
11.00 **Supergirl** (S4)
7.00 PM **Supergirl** *O Brother, Where Art Thou?* 15/22. Lex Luthor seeks Lena's help in finding a cure. **8.00** *The House of L:* 16/22. Lex Luthor's plans from the past two years are revealed. (S4)
9.00 **Magnum P.I.** *Dead Ringer:* 6/20. The day of Katsumoto's hearing arrives. (S5)
10.00 **Rob & Romesh vs Crufts** Rob and Romesh enter their dogs in Crufts.
11.00 **The Blacklist** *Dr Laken Perillos (No 70): Conclusion:* 6/22. Dr Laken Perillos resurfaces to join Wujing's crusade against Red. (S10)
12.00 M'T **A League of Their Own** Four editions.
4.00 **to 6.00** AM **Four Weddings**

E!

159 159 835 160

7.00 AM **Hollywood Medium with Tyler Henry**
12.00 NOON **Kourtney & Kim Take Miami**
5.00 PM **Botched** Terry Dubrow fixes a fitness fanatic's 'lady lumps'. **6.00** A mother-of-two with drooping breasts. **7.00** A Canadian woman uses her breasts to get to Paul Nassif. **8.00** Terry helps a former recluse break out with new breasts. **9.00** A woman seeks her seventh breast enhancement. **10.00** US celeb Tawny Kitaen seeks advice on cosmetic surgery. **11.00** A patient whose surgeon poked a hole through her nose.
12.00 M'T **Hollywood & Football** Double bill.
2.00 AM **Teleshopping**
3.00 **to 5.00** AM **Celebrity Game Face**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 823 177 320 325

6.00 AM **Expedition Unknown**
10.00 **Ghosts of Stonehenge**
11.00 **Hunt for King Arthur's Castle**
12.00 NOON **Tracked** Six editions of the series, including at: **3.00** PM Tensions rise in Team Orange when they lose a map. **4.00** The teams are chased day and night by the trackers. **5.00** The pressure to escape is higher than ever.
6.00 **Gold Rush: Mine Rescue with Freddy & Juan** Freddy and Juan come to the aid of a trio of young Idaho miners.

11.00 Hunt for King Arthur's...

7.00 **Deadliest Catch** Following the work of Alaskan crab fishermen as they brave the waves of the Bering Sea.
8.00 **Tracked** For the 24-hour challenge, the teams are chased day and night by the trackers.
9.00 **Hoffman Family Gold** Todd Hoffman turns around a distressed mine in Nome, Alaska.
10.00 **Expedition Unknown** Josh leaps into the frigid North Atlantic to recover the riches of feared pirate, Henry Avery.
11.00 **Men Who Sold the World Cup** Journalists Heidi Blake and Jonathan Calvert explore alleged corruption at the heart of FIFA.
12.00 M'T **Moonshiners: Master Distiller** Four editions.
4.00 AM **How Do They Do It?**
4.30 **to 5.00** AM **How It's Made**

+1 hour 225/226 377

Animal Planet

162 178

8.00 AM **Animal Cribs**
9.00 **Dodo Heroes**
10.00 **Dogs 101** A prized pooch.
11.00 **Alaska: Homestead Rescue**
12.00 NOON **Animal Cribs**
1.00 PM **Dodo Heroes**
2.00 **Great White Invasion**
3.00 **Man-Eating Super Snake**
4.00 **Bad Dog!** A dog digs large ditches in its owners' garden.
5.00 **Alaska: Homestead Rescue** Stuart and Toni Rinker's Idaho homestead is threatened.
6.00 **Animal Cribs** A couple who run a parrot sanctuary.

10.00 Alaskan Bush People

7.00 **How Do Animals Do That?** A look at how a lizard can walk on water. **7.30** How a barn owl catches prey it can't see.
8.00 **Wildest Islands of Indonesia** How creatures have learnt to thrive in the most powerful rainstorms on the planet.
9.00 **Wildest Europe** Discovering the wildlife of Europe's waterways, including the world's only underwater spider.
10.00 **Alaskan Bush People** Matt, Bam, Bear and Gabe feel the strain of making deliveries in harsh conditions.
11.00 **I Was Prey** A woman is attacked by a crocodile. **12.00** M'T A man who found a grizzly bear standing outside his cabin.
1.00 AM **Alaskan Bush People**
2.00 **Bad Dog!** As 4.00pm.
3.00 **Alaska: Homestead Rescue**
4.00 **to 5.00** AM **Animal Cribs**

+1 hour 262 378

Nat Geographic

129/130 825 183

8.00 AM **Bid & Destroy**
8.30 **Lords of War**
9.00 **To Catch a Smuggler: JFK Airport** Coats lined with cocaine are intercepted.
10.00 **Ultimate Airport Dubai**
2.00 PM **Air Crash Investigation** A plane crash in Buenos Aires.
3.00 **Air Crash Investigation: Special Report**
4.00 **Air Crash Investigation** British Airways Flight 38's crash at Heathrow in 2008.
5.00 **Ultimate Airport Dubai** Highlights from the series.

9.00 Airport Security: Rome

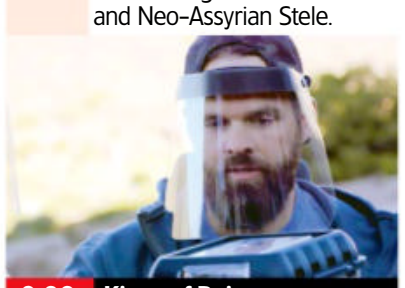
7.00 **Airport Security: Colombia** At El Dorado International Airport, officers uncover luggage packed with cocaine.
8.00 **Airport Security: Colombia** Following the anti-narcotics squad at Colombia's El Dorado International Airport.
9.00 **Airport Security: Rome** Police seize bundles of drug money, and stop a woman with a package strapped to her body.
10.00 **Airport Security: Rome** At Italy's busiest airport, police seize cocaine sewn into a shirt, and find the drug is hidden in a shoe.
11.00 **Airport Security: Peru**
12.00 M'T **Airport Security: Colombia** Documentary.
1.00 AM **Airport Security: Peru**
2.00 **Money Meltdown**
2.55 **Lords of War** Double bill.
3.45 **Trials of the Wild**
4.10 **to 5.00** AM **Secrets of the Zoo: Keeper Tales**

+1 hour 229/230 383

Sky History

123/124 821 131 353 368

6.00 AM **American Pickers**
7.00 **Pawn Stars** Double bill.
8.00 **Forged in Fire Armed Forces Tournament** The KA-BAR.
9.00 **River Hunters Special**
10.00 **Swamp People**
11.00 **Phantom Signals**
2.00 PM **Storage Wars**
5.00 **Clash of Ancient Warriors** Exploring how a Parisian army repelled the Vikings.
6.00 **Cursed Treasures** A look at the origins of the curses surrounding the Koh-i-Noor and Neo-Assyrian Stele.


9.00 Kings of Pain

7.00 **Ancient Aliens** The story of Travis Walton, who claims that in 1975 he was abducted and taken aboard a space ship.
8.00 **Ancient Aliens** An analysis of ancient monuments, questioning what compelled man to move colossal stones.
9.00 **Kings of Pain** Adam and Caveman Rob take on America's biggest and most deadly scorpions.
10.00 **Kings of Pain** Adam has a phobia of tarantulas, and Caveman Rob picks two nasty arachnids for them to endure.
11.00 **Ancient Superstructures** How the church of Hagia Sophia in Istanbul, rebuilt by the Roman Emperor Justinian, has survived 1,500 years of turbulent history.
12.00 M'T **Phantom Signals**
3.00 AM **Ancient Aliens**
5.00 **to 6.00** AM **Cursed Treasures**

+1 hour 223/224 331

Yesterday

155 155 846 129 27 159

6.10 AM **Underground Worlds**
8.00 **Bangers & Cash: Restoring Classics** Five editions.
1.00 PM **Abandoned Engineering** A Wild West ghost town. **2.00** A vast project in the icy wilderness of southern Alaska. **3.00** A ghostly house.
4.00 **Great American Railroad Journeys** Michael Portillo visits the Warner Brothers studio. **5.00** Michael discovers the secrets of backyard oil drilling. **6.00** A visit to Massachusetts General Hospital in Boston.

10.00 Porridge

7.00 **Great American Railroad Journeys** Michael learns about the indigenous tribes of Wampanoag people.
8.00 **Great American Railroad Journeys** Michael heads north through the scenic New England states.
9.00 **Great American Railroad Journeys** Michael learns how French and British colonial roots have impacted Montreal.
10.00 **Porridge** Fletcher objects to having a third cellmate foisted on him. **10.40** Fletcher decides to stage a mock trial.
11.20 **Porridge** The inmates decide on a wager as the parole board gathers, with Blanco odds-on favourite for release.
12.00 M'T **Bangers & Cash: Restoring Classics**
1.00 AM **Underground Worlds**
2.00 **to 3.00** AM **Forbidden History**

+1 hour 255 329 74

Saturday

7 PM **8 PM** **9 PM** **10 PM**

Quest

144 144 834 137 12 172

6.00 AM **World's Biggest Shipbuilders** The *Tangier*.
7.00 **Mega Shippers**
8.00 **Supercar Showroom**
9.00 **Wheeler Dealers**
2.00 PM **FILM Ride the High Country** Sam Peckinpah's Western with Randolph Scott. (1961, PG, 93min) ★★★★
4.00 **Vintage Voltage**
6.00 **Supercar Showroom**
7.00 **Salvage Hunters: Classic Cars**
8.00 **Salvage Hunters** Drew Pritchard visits a shop filled with valuable treasures.
9.00 **Who Do You Think You Are?** With Craig Revel Horwood.
10.00 **The Hotel Inspector** Alex Polizzi is enlisted to rescue Michelangelo's in Newcastle.
11.00 **FILM Wild Wild West** Western adventure comedy starring Will Smith and Kevin Kline. (1999, 12, 106min) ★
1.30 AM **Street Cops UK**
2.30 **Inside the Heist**
3.30 **to 5.00** AM **How It's Made**

+1 hour 244 337 70 168

Quest Red

149 168 40 169

6.00 AM **Say Yes to the Dress**
7.00 **Say Yes to the Dress: Lancashire** Reality series.
8.00 **Say Yes to the Dress**
9.00 **Hoarding: Buried Alive**
11.00 **Forensic Detectives**
1.00 PM **Disappeared**
3.00 **Curvy Brides Boutique**
5.00 **Say Yes to the Dress: Lancashire** Double bill.
7.00 **Long Lost Family US** Chris Jacobs acts on a deceased father's wish to find his son.
8.00 **The Murder Tapes** The murder of a popular EMT devastates the local police in Columbus, Georgia.
9.00 **Murder on CCTV** New edition Detectives examine the murder of Michael Scott in 2017.
10.00 **A Body in the Basement** New edition In 1978, a murder terrifies a small Illinois town.
11.00 **Nightmare Next Door**
12.00 M'T **Forensic Detectives**
2.00 AM **Murder on CCTV**
3.00 **to 4.00** AM **FBI Files**

+1 hour 249 170

CBS Reality

146 148 67 135

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
5.00 **Facing Evil** Four editions.
7.00 **Medical Detectives** Examining the shooting of 15-year-old Trey Cooley. **7.30** The discovery of Legionnaire's Disease. **8.00** The centre for disease control, which tries to predict and contain epidemics. **8.30** A boy who ate a burger containing E-coli bacteria.
9.00 **Cold Justice** Kelly and Steve tackle the double-homicide of a grandfather and his elderly mother gunned down at home. **10.00** The murders of a young mother, grandmother, toddler and new-born baby.
11.00 **Injustice with Nancy Grace** A young veteran disappears after a bipolar episode. **12.00** M'T A woman's body is found by her own father.
1.00 AM **Medical Detectives**
3.00 **Facing Evil** Four editions.
4.40 **to 6.00** AM **Judge Judy**

+1 hour 246 348 136

Sky Crime

122/123 820 121 349 364

6.00 AM **Brit Cops: Law & Disorder**
7.00 **Highway Patrol**
11.00 **UK Border Force**
12.00 NOON **Murder in Amish Country** True stories of homicide investigations within the Amish community.
1.00 PM **Forensics: Catching the Killer** A killer caught by the bite marks in a block of cheese.
2.00 **World's Most Evil Killers**
4.00 **Britain's Most Evil Killers**
6.00 **Killer in My Village**
8.00 **How I Caught the Killer** Exploring the most incredible cases in criminal history.
9.00 **Murdered at First Sight** Exploring the story of the murder of Mikey Rainsford.
10.00 **Catching a Serial Killer: Bruce McArthur** The story of Toronto's most prolific killer.
12.00 M'T **Killer in My Village**
1.00 AM **World's Most Evil Killers**
2.00 **Britain's Most Evil Killers**
3.00 **Road Wars** Double bill.
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 222/223 321

PBS America

174 187 84 155

8.00 AM **Britain and the Sea**
1.00 PM **Flood in the Desert**
2.10 **Britain and the Sea** David Dimbleby explores aspects of the nation's maritime history. **3.30** The presenter learns more about invasion and defence in the south east. **4.45** The trade routes of the west coast of Scotland. **6.00** Exploring how the sea inspired artists and created a uniquely British beach culture.
7.15 **Israel: A Twice Promised Land** The period from when the war ended to the UN vote on the Partition Plan. **8.25** A look at 1948-1967, punctuated by wars between Israel and its neighbours.
9.35 **Flood in the Desert** The 1928 St Francis Dam collapse.
10.45 **Hunting for Klaus Barbie** The story of Klaus Barbie, head of the Gestapo in Lyon in 1943.
12.00 M'T **Israel: A Twice Promised Land** As shown at 7.15pm.
1.15 **to 2.00** AM **Beautiful Serengeti**

SKY HD SD VIRGIN HD FREEVIEW HD FREESAT HD BT HD

SATURDAY

Saturday

Sky Documentaries

121/122 819 188 352 367

6.00 AM **Discovering: Jason Robards**
7.00 **Discovering: Richard Dreyfuss**
8.00 **The Directors**
9.00 **Reopening Night**
10.45 **My Icon: Nasser Hussain**
11.00 **The Invisible Pilot**
2.15 PM **FILM Busby** Profile of Matt Busby. (2019, PG, 102min) ★★★
4.15 **To End All War: Oppenheimer and the Atomic Bomb**
6.00 **Spitfire** The story of British single-seat fighter plane the Supermarine Spitfire.
8.00 **Superpowered: The DC Story** Series finale 3/3. The company look to give a voice to under-represented characters.
9.00 **Hijacked: Flight 73**
11.00 **The United Way**
12.50 AM **Saudi Women's Driving School** Documentary.
2.00 **NEW SERIES Last Call: When a Serial Killer Stalked Queer New York** 1/4. The case of a serial killer targetting gay men during the Aids crisis.
3.05 **Fake Famous** Documentary.
4.50 **My Icon: Shaun Gayle**
5.00 **to 6.00** AM **The Directors**

Sky Nature

124/125 822 189 354 369

6.00 AM **Wild Survivors**
9.00 **Volcanic Odysseys**
12.00 NOON **Wild Fighters**
1.00 PM **Islands**
2.00 **Wild Latin America**
5.00 **Micro Monsters with David Attenborough** Six editions of the series.
8.00 **Deadly Australians** The unexpected clashes between predators and their prey.
9.00 **Planet Shark** The stunning underwater world of sharks, examining what makes these apex predators so successful and so deadly.
10.00 **Patrick Aryee's Wild World** Patrick heads to Costa Rica to witness the annual mass nesting of sea turtles, as well as the predatory jaguars that come in for the kill. **11.00** Investigating the decline in insect numbers in Costa Rica.
12.00 M'T **Deadly Australians**
1.00 AM **Planet Shark** As 9.00pm.
2.00 **Islands** New edition Exploring Baffin in the Canadian Arctic.
3.00 **to 6.00** AM **Strange Creatures**

Sky History 2

163 163 840 186

6.00 AM **Ancient Aliens**
9.00 **Salvage Kings**
10.00 **Dangerous Missions**
11.00 **Walking Through History**
12.00 NOON **Ross Kemp: Shipwreck Treasure Hunter**
1.00 PM **World's Greatest Treasure Mysteries**
2.00 **Top Secret UFO Projects Declassified** Project Blue Book.
3.00 **Strangest Things**
4.00 **World's Greatest Treasure Mysteries**
5.00 **Curse of the Ancients**
6.00 **Al Murray: Why Does Everyone Hate the English?**
7.00 **Strange Evidence**
8.00 **Alien Files: Unsealed**
9.00 **Ancient Aliens**
10.00 **Instruments of Death**
11.00 **Paranormal: Caught on Camera**
12.00 M'T **Colosseum**
1.00 AM **Ancient Aliens**
2.00 **Alien Files: Unsealed**
3.00 **National Park Mysteries**
4.00 **World's Greatest Treasure Mysteries**
5.00 **to 6.00** AM **Strange Evidence**

Crime+Investigation

156 156 837 133

6.00 AM **On the Case with Paula Zahn** Triple bill of editions.
9.00 **NEW SERIES Taking the Stand** Six editions of the series.
12.00 NOON **Somebody's Hiding Something** Four editions.
4.00 PM **Homicide Hunter**
7.00 **Killer Town** Detectives race against the clock when Sydney Loofe vanishes after a date.
8.00 **The Real Murders of Orange County** Two colleagues are gunned down at work.
9.00 **The Real Murders of Atlanta** Atlanta's hip-hop scene is rocked when an up-and-coming rapper is killed in broad daylight.
10.00 **Meet, Marry, Murder** A woman asks for a divorce, sparking a shocking turn of events.
11.00 **Court Cam** Double bill.
12.00 M'T **Taking the Stand**
1.00 AM **I Killed My BFF**
2.00 **Fear Thy Roommate**
3.00 **Criminal Confessions**
5.00 **to 6.00** AM **On the Case with Paula Zahn**

+1 hour 256 333

WILD

165 165 841 182

8.00 AM **America's Funniest Home Videos: Animal Edition**
9.00 **Cesar Millan: Better Human Better Dog** Double bill.
11.00 **Yukon Vet**
12.00 NOON **Snakes in the City**
2.00 PM **Animal Fight Club**
4.00 **Australia's Deadly Monsters**
6.00 **Search for King Cobra** Scientists monitor four of the deadly snakes in the wild.
7.00 **Cesar Millan: Better Human Better Dog** 1/2/2. Cesar helps Suzy, an emotionally exhausted pet parent and trauma survivor, who is desperate for help with her three dogs.
9.00 **The Incredible Dr Pol** The vets treat a Shih Tzu's bizarre sores. **10.00** The Pol family welcome a new mare to the herd.
11.00 **Snakes in the City** A spitting cobra takes aim at Siouxsie's face. Plus, a rats' nest causes problems and an elusive black mamba hides within strike range.
12.00 M'T **When Sharks Attack**
2.00 AM **Monster Fish**
4.00 **to 5.00** AM **Yukon Vet**

Discovery History

177 181

6.00 AM **How It's Made**
9.00 **Salvage Hunters: The Restorers** Triple bill.
12.00 NOON **Salvage Hunters**
3.00 PM **HMS Ark Royal**
5.00 **Combat Dealers** Bruce Crompton uncovers plans for the D-Day invasion. **6.00** Bruce acquires a rare German Panther tank. **7.00** Bruce views a collector's haul of World War Two Spitfires.
8.00 **Egypt's New Tomb Revealed** A gold coffin unearthed in the Valley of the Kings.
9.00 **King Tut's Mystery Tomb Opened** Otto Schaden and a team of archaeologists excavate tomb KV63.
10.00 **Unexplained and Unexplored** The story of an English ship buried in a California desert. **11.00** A fabled lost mine in the mountains of Arizona.
12.00 M'T **Combat Dealers**
3.00 **to 5.00** AM **Salvage Hunters: The Restorers**

+1 hour 277 381

Eden

166 176

9.00 AM **Chris Tarrant: Extreme Railways** Double bill.
11.00 **Anthony Bourdain: Parts Unknown** Ten editions.
8.10 PM **Anthony Bourdain: Parts Unknown** The chef samples incredible adventures in extraordinary locations, starting with Myanmar, where he explores one of the most fabled and beautiful areas of Asia. **9.05** Anthony examines the meeting point of Asian, Mexican, Latino culture in modern Los Angeles. **10.00** Anthony visits Colombia, exploring the mountains, the Caribbean coast and the coca leaf growing inlands. **10.55** Chef/restaurateurs Dave McMillan and Fred Morin help Anthony to explore Canada. **11.50** Anthony explores the history of Tangier, Morocco. **12.45** AM The chef samples the cuisine of Libya.
1.40 **to 6.00** AM **Anthony Bourdain: Parts Unknown**

+1 hour 266 376

ID

154 166

6.00 AM **True Crime with Aphrodite Jones**
7.00 **Teleshopping**
8.00 **Forensic Detectives**
1.00 PM **Forensic Detectives**
2.00 **Home Sweet Homicide**
3.00 **Murder Comes to Town**
4.00 **Living a Nightmare**
5.00 **Diabolical: Deadly Love**
6.00 **Murder in the Heartland**
7.00 **Disappeared** A boy who vanished after discovering his girlfriend had cheated on him.
8.00 **People Magazine Investigates** The disappearance of a baby girl from her Kansas City home. **9.00** A case in which a lone survivor was the only witness who could help police track down a serial killer.
10.00 **Web of Lies** Double bill.
12.00 M'T **People Magazine Investigates** The mysterious disappearance of a young girl.
1.00 AM **Nightmare Next Door**
3.00 **Forensic Detectives**
5.00 **to 6.00** AM **Disappeared**

+1 hour 254 366

Discovery Turbo

161/184 180

6.00 AM **Vintage Voltage**
9.00 **How It's Made**
12.00 NOON **Demolition Down Under** Five editions.
5.00 PM **Fifth Gear** The team test a Range Rover V8. **6.00** Jonny Smith tests the Jaguar F-Type in Spain. **7.00** Jonny stages a collision between a van and a car
8.00 **Scrap Kings** The team find a very valuable asset. **9.00** Work stops after asbestos is found on the half-demolished sixth floor of an office block. **10.00** A concrete and steel walkway drops in one piece, causing issues in Jersey.
11.00 **Destroyed in Seconds** Two cranes fall 50 storeys in Taiwan. **11.30** A sinkhole swallows an entire neighbourhood. **12.00** M'T Including a 135mph motorcycle crash. **12.30** AM A racing car slams into a wall at 100mph.
1.00 **The Detonators**
2.00 **to 5.00** AM **Misfit Garage**

+1 hour 261/284

Films

Sky Cinema Premiere

301 301 401 501 515

6.40 AM **Breaking Point** Drama. (2023, 12, 102min) ★★★
8.35 **PREMIERE Assassin** (2023)
10.20 **Armageddon Time** Drama. (2022, 15, 114min) ★★★
12.20 PM **I Wanna Dance with Somebody** Music biopic. (2022, 12, 144min) ★★★★
2.45 **Maggie Moore(s)** As 8.00pm.
4.40 **High Heat** Action comedy. (2022, 15, 84min) ★★★
6.15 **PREMIERE Assassin** Action thriller. (2023, 15, 88min)

6.15 Assassin

8.00 **Maggie Moore(s)** Comedy thriller starring Jon Hamm and Tina Fey. A police chief investigates the murders of two women with the same name and unravels a web of small-town lies. (2023, 15, 99min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.55 **House Party** Comedy with Tosin Cole and Jacob Lattimore. Two friends get fired from their cleaning job, so they decide to host a huge party at a mansion. (2023, 15, 100min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.40 **Babylon** Comedy drama starring Brad Pitt. Several characters enjoy an era of unbridled decadence and depravity in early Hollywood. (2022, 18, 188min) ★★★★
3.00 AM **House Party** As 9.55pm.
4.55 **Sky Cinema Preview**
5.40 **to 6.00** AM **The Cinema List: Spectacular Sequels**

+1 hour 312

Sky Cinema Creatures

303 303 403 503 517

7.00 AM **Critters Attack!** (2019)
8.45 **Godzilla** Monster movie. (1998, PG, 139min) ★★★
11.10 **Jurassic Park** Monster thriller. (1993, PG, 127min) ★★★★★
1.20 PM **The Lost World: Jurassic Park** (1997, PG) ★★★
3.35 **Jurassic Park III** Thriller. (2001, PG, 92min) ★★★
5.20 **The Cabin in the Woods** Horror. (2011, 15) ★★★★
7.00 **Jaws** Monster thriller. (1975, 12, 125min) ★★★★★

7.00 Jaws

Jaws (film started at 7.00pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.10 **Jurassic World** Action adventure sequel starring Chris Pratt and Bryce Dallas Howard. A safari park for genetically engineered dinosaurs creates a new species – only for it to escape and terrorise the tourists. (2015, 12, 124min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.20 **Jurassic World: Dominion** Sci-fi adventure sequel with Chris Pratt and Bryce Dallas Howard. Biosyn operatives try to locate Maisie Lockwood. (2022, 12, 154min) ★★★
1.50 AM **The Cabin in the Woods**
3.40 **Critters Attack!** Horror comedy starring Tashiana Washington and Ava Preston. (2019, 15, 89min) ★★
5.20 **to 6.20** AM **Sky Cinema Preview**

Sky Cinema Drama

310 310 410 510 524

6.30 AM **A Second Chance** (2018)
8.25 **The Fifth Estate** Fact-based thriller. (2013, 15, 125min) ★★★
10.40 **Finding Neverland** As 4.15am.
12.25 PM **Eddie the Eagle** Biopic. (2016, PG, 103min) ★★★
2.15 **The Last of the Mohicans** Epic romantic adventure. (1992, 15, 122min) ★★★★
4.10 **The Impossible** Disaster movie. (2012, 12, 114min) ★★★★

6.10 **Mr Holmes** Period mystery with Ian McKellen and Laura Linney. (2015, PG, 101min) ★★★★
8.00 **The King's Speech** Oscar-winning drama starring Colin Firth and Geoffrey Rush. (2010, 12, 118min) ★★★★★
10.05 **Selma** Fact-based drama starring David Oyelowo. In 1965, civil rights campaigner Dr Martin Luther King Jr plans a peaceful march across Alabama which will change history. (2014, 12, 128min) ★★★★★

12.20 AM **The Fighter** Oscar-winning drama starring Mark Wahlberg. (2010, 15, 116min) ★★★★
2.20 **A Second Chance** Drama. (2018, 15, 111min) ★★★
4.15 **to 6.00** AM **Finding Neverland** Drama starring Johnny Depp. (2004, PG, 101min) ★★★★

Sky Cinema Summer Scares

311 311 411 511 525

6.00 AM **Phobias** As 3.50am.
7.30 **The Woman in Black 2: Angel of Death** Horror sequel. (2014, 15, 95min) ★★★
9.10 **Insidious** Supernatural thriller. (2010, 15, 103min) ★★★★
10.55 **Insidious: Chapter 2** Supernatural thriller sequel. (2013, 15, 103min) ★★★
12.45 PM **Insidious: Chapter 3** Horror prequel. (2015, 15, 97min) ★★★

2.25 **The Conjuring** Horror chiller. (2013, 15, 112min) ★★★
4.20 **The Conjuring 2: The Enfield Poltergeist** Horror sequel. (2016, 15, 134min) ★★★★
6.35 **Open Water** Aquatic thriller. (2003, 15, 80min) ★★★★
8.00 **Shaun of the Dead** Horror comedy starring Simon Pegg, Kate Ashfield and Nick Frost. (2004, 15, 99min) ★★★★
9.45 **Sky Cinema Preview**
10.00 **Saw IV** Horror sequel with Tobin Bell. (2007, 18, 92min) ★★
11.50 **Saw V** Horror thriller sequel. (2008, 18, 92min) ★★
1.40 AM **Kiss the Girls** Thriller. (1997, 18, 115min) ★★★
3.50 **Phobias** Horror anthology. (2021, 15, 85min) ★★★
5.25 **to 6.25** AM **Sky Cinema Preview**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 306 406 506 520

7.30 AM **First Knight** Drama. (1995, PG, 134min) ★★
9.50 **The Cinema List: Adventure**
10.10 **Scooby-Doo 2: Monsters Unleashed** (2004, PG) ★★★
12.00 NOON **Charlie and the Chocolate Factory** Fantasy. (2005, PG, 115min) ★★★★
2.00 PM **Ghostbusters** (1984)
4.00 **The Karate Kid** Adventure. (1984, 12, 127min) ★★★★
6.15 **Karate Kid Part II** Adventure sequel. (1986, PG, 113min) ★★

4.00 The Karate Kid

8.20 **The Karate Kid: Part III** Martial arts adventure sequel starring Ralph Macchio. Young karate champion Daniel LaRusso and his mentor Mr Miyagi tangle with their old enemy Kreese. With Noriyuki 'Pat' Morita (1989, PG, 111min) ★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.20 **Ghostbusters** Supernatural comedy starring Bill Murray. A trio of New York university parapsychologists go into business as ghost exterminators. (1984, 12, 105min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.15 AM **Ghost Squad** Fantasy. (2015, PG, 86min) ★★★
1.55 **C.I.Ape** Family comedy. (2021, PG, 82min) ★
3.30 **Ghost Squad** As 12.15am.
5.10 **to 6.05** AM **Sky Cinema Preview**

Sky Cinema Action

307 307 407 507 521

6.15 AM **The Paper Tigers** (2020)
8.10 **Morbius** As 1.55pm.
9.55 **Charlie's Angels: Full Throttle** Comedy thriller sequel. (2003, 12, 106min) ★
11.45 **Looper** As 2.35am.
1.55 PM **Morbius** Adventure. (2022, 12, 104min) ★★
3.45 **San Andreas** Disaster movie. (2015, 12, 114min) ★★★
5.45 **Black Adam** Fantasy adventure starring Dwayne Johnson. (2022, 12, 125min) ★★★

8.00 Fast & Furious 5

8.00 **Fast & Furious 5** Action thriller sequel starring Vin Diesel, Paul Walker and Jordana Brewster. A trio of car thieves assemble a crack team to steal a Rio de Janeiro drug lord's money. (2011, 12, 130min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.15 **The Raid** Action thriller starring Iko Uwais. A rookie cop battles to survive when a police raid on a slum tenement controlled by a Jakarta drug lord goes awry. (2011, 18, 101min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.00 M'T **The Raid 2** Thriller sequel. (2014, 18, 150min) ★★★★
2.35 AM **Looper** Thriller starring Joseph Gordon-Levitt. (2012, 15, 119min) ★★★★
4.45 **to 6.45** AM **The Paper Tigers** Action comedy. (2020, 12, 108min) ★★★

Sky Cinema Comedy

308 308 408 508 522

6.00 AM **Scary Movie 3** Horror spoof. (2003, 15, 84min) ★
7.30 **Very Excellent Mr Dundee** Comedy. (2020, 12, 88min) ★
9.05 **Carry On Teacher** As 2.10am.
10.40 **Trainwreck** (2015, 15) ★★★
12.50 PM **50 First Dates** Comedy. (2004, 12, 99min) ★★★
2.35 **Friends with Benefits** Comedy. (2011, 15) ★★★
4.30 **Teen Wolf** (1985, PG) ★★★
6.10 **Dad's Army** Wartime comedy. (2016, PG, 98min) ★★★

6.10 Dad's Army

8.00 **Mamma Mia!** Musical starring Meryl Streep. A young bride-to-be living on a Greek island invites three of her mother's old boyfriends to her wedding, hoping to find out which one is her father. (2008, PG, 108min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **Kingpin** Crude comedy starring Woody Harrelson as an unlucky, one-handed ten-pin bowler who discovers a reluctant protégé in the form of an Amish man. With Randy Quaid and Bill Murray. (1996, 12, 114min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.00 M'T **White Chicks** Comedy. (2004, 15, 109min) ★
2.10 AM **Carry On Teacher** Comedy. (1959, b/w, U) ★★★
3.45 **Friends with Benefits**
5.40 **to 7.25** AM **Bewitched** Romantic comedy fantasy. (2005, PG, 102min) ★★★

Sky Cinema Thriller

309 309 409 509 523

6.05 AM **Anon** Sci-fi thriller. (2018, 15, 115min) ★★★
8.00 **Marlowe** (2022, 15) ★★
10.00 **Man on a Ledge** Thriller. (2011, 12, 98min) ★★★
12.00 NOON **Limitless** Thriller. (2011, 15, 104min) ★★★★
2.00 PM **Four Brothers** Thriller. (2005, 15, 109min) ★★★
4.00 **Side Effects** Thriller. (2013, 15, 106min) ★★★★
6.00 **Panic Room** Suspense thriller. (2002, 15, 112min) ★★★

6.00 Panic Room

8.00 **The International** Thriller starring Clive Owen and Naomi Watts. An Interpol agent and a New York assistant district attorney join forces to try to bring down a corrupt bank. With Armin Mueller-Stahl. (2009, 15, 113min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

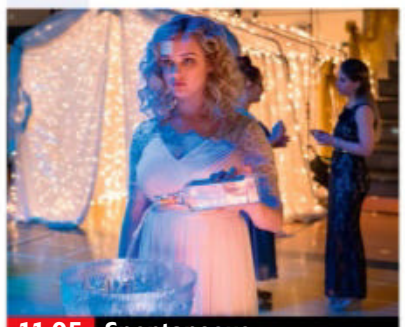
10.00 **Eye in the Sky** Thriller starring Helen Mirren and Alan Rickman. A mission to wipe out a terrorist cell is complicated when a girl enters the blast radius of a planned drone strike. (2015, 15, 112min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.50 **Last Night in Soho** Mystery starring Thomasin McKenzie and Anya Taylor-Joy. (2021, 18, 116min) ★★★★
1.55 AM **Internal Affairs** Thriller starring Richard Gere, Andy Garcia and Nancy Travis. (1990, 18, 117min) ★★★★
4.00 **to 6.00** AM **Four Brothers**

Film4

313 313 855 428 14 300

■ **Films start at 11.00am**
11.00 AM **Carry On Constable** Comedy. (1960, b/w, U) ★★★
12.45 PM **Muppets from Space** Comedy. (1999, U) ★★★
2.30 **How to Train Your Dragon** Animated fantasy adventure. (2010, PG, 98min) ★★★★
4.25 **The Italian Job** Crime caper. (1969, PG, 100min) ★★★★★
6.35 **The Day After Tomorrow** Thriller starring Dennis Quaid. (2004, 12, 124min) ★★★★


11.05 Spontaneous

8 PM **The Day After Tomorrow** (film started at 6.35pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM **9.00** **Infinite** Sci-fi thriller starring Mark Wahlberg and Chiwetel Ejiofor. A man experiencing memories of his past lives is recruited for a mission to save the human race. With Sophie Cookson and Dylan O'Brien. (2021, 12, 106min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10 PM **11 PM** **11.05** **Spontaneous** Comedy with Katherine Langford. When students begin to explode, a group of seniors begin to adjust to a world where each moment could be their last. (2020, 15, 97min) ★★★★
1.10 **to 4.00** AM **The Nightingale** Drama starring Aisling Franciosi and Sam Claflin. (2018, 18, 136min) ★★★★

+1 hour 314 430 47 301

Sky Cinema Wizarding World

302 302 402 502 516

6.35 AM **Harry Potter and the Order of the Phoenix** Fantasy. (2007, 12, 132min) ★★★
8.55 **Harry Potter and the Half-Blood Prince** Fantasy. (2009, 12, 153min) ★★★★★
11.30 **Harry Potter and the Deathly Hallows: Part I** (2010) ★★★★
2.00 PM **Harry Potter and the Deathly Hallows: Part II** Fantasy. (2011, 12, 130min) ★★★★★

4.15 **Fantastic Beasts and Where to Find Them** Harry Potter prequel. (2016, 12, 133min) ★★★★
6.30 **Fantastic Beasts: The Crimes of Grindelwald** Fantasy. (2018, 12, 134min) ★★★★
8.50 **Fantastic Beasts: The Secrets of Dumbledore** Fantasy starring Eddie Redmayne. (2022, 12, 142min) ★★★
11.15 **Harry Potter and the Philosopher's Stone** Fantasy starring Daniel Radcliffe. (2001, PG, 152min) ★★★★

1.50 AM **Harry Potter and the Chamber of Secrets** Fantasy starring Daniel Radcliffe. (2002, PG, 161min) ★★★★
4.35 **to 7.00** AM **Harry Potter and the Prisoner of Azkaban** Fantasy starring Daniel Radcliffe. (2004, PG, 142min) ★★★★★

Sky Cinema Greats

304 304 404 504 518

6.35 AM **Sky Cinema Preview**
7.35 **Heaven Can Wait** As 2.10am.
9.25 **Let's Dance** Vintage musical. (1950, U, 112min) ★★
11.25 **Funny Face** Romantic musical. (1956, U, 103min) ★★★★
1.20 PM **The Spy Who Came in from the Cold** Thriller. (1965, b/w, PG, 107min) ★★★★
3.20 **Guys and Dolls** Classic musical. (1955, U, 150min) ★★★★

5.50 **Notting Hill** Romantic comedy. (1999, 15, 120min) ★★★★
8.00 **Birdy** Drama starring Nicolas Cage and Matthew Modine as childhood friends who are reunited as Vietnam war veterans in a psychiatric hospital. (1984, 15, 120min) ★★★★
10.05 **Risky Business** Comedy drama starring Tom Cruise. An enterprising teenager turns his house into a high-class brothel while his parents are away. (1983, 18, 98min) ★★★★

12.00 M'T **Interview with the Vampire** Gothic horror thriller. (1994, 18, 122min) ★★★★
2.10 AM **Heaven Can Wait** Fantasy comedy starring Warren Beatty. (1978, PG, 100min) ★★★★
4.00 **to 6.00** AM **Cry Macho** Western. (2021, 12, 104min) ★★

Sky Cinema Animation

305 305 412 500 514

6.45 AM **Rabbit Academy** (2022)
8.10 **Open Season 2** As 1.40am.
9.35 **Scooby-Doo! & Batman: The Brave and the Bold** As 12.15am.
11.00 **The Amazing Maurice** Animation. (2022, PG) ★★★★
12.40 PM **A Shaun the Sheep Movie: Farmageddon** Animation. (2019, U, 86min) ★★★★
2.15 **The Lego Movie** Animation. (2014, U, 100min) ★★★★★

4.00 **Hotel Transylvania** Animated comedy. (2012, U, 91min) ★★★
5.40 **Hotel Transylvania 2** Animated sequel. (2015, U, 89min) ★★★
7.20 **Hotel Transylvania 3: Summer Vacation** Animated sequel. (2018, U, 97min) ★★
9.05 **Rabbit Academy** Animation. (2022, U, 76min) ★★★
10.30 **Mosley** Animated adventure. (2019, PG, 100min) ★★★
12.15 AM **Scooby-Doo! & Batman: The Brave and the Bold** Animation. (2018, PG) ★★★

1.40 **Open Season 2** Animated comedy adventure sequel. (2008, PG, 73min) ★★★
3.05 **Even Mice Belong in Heaven** Animated family comedy. (2021, PG, 80min) ★★★
4.45 **to 6.30** AM **The Ogglies** Animation. (2021, PG) ★★★

Movies 24

325 419

7.00 AM **The Best Version of Love** Comedy. (2023, PG, 86min) ★★
9.00 **Campfire Romance** Comedy. (2022, PG, 90min) ★★
11.00 **The Wedding Fix** Romantic drama. (2022, PG, 87min) ★★
1.00 PM **Sweet Autumn** Romantic drama. (2020, PG, 84min) ★★
3.00 **PREMIERE** **Aloha Heart** Romantic drama starring Kanoa Goo. (2023, PG, 90min) ★★

5.00 **Lease on Love** Romantic comedy. (2022, PG, 86min) ★★
7.00 **The Winter Palace** Festive romance with Danica McKellar. (2022, PG, 85min) ★★
9.00 **At Home in Mitford** Drama starring Andie MacDowell and Cameron Mathison. A children's author and a priest work together to provide a brighter future for a boy who has lost his family. (2017, PG, 84min) ★★
11.00 **Love Afloat** Romantic drama. (2022, PG, 90min) ★★

1.00 AM **Heart of the Manor** Romantic comedy drama. (2021, PG, 85min) ★★
3.00 **to 5.00** AM **Unthinkably Good Things** Drama starring Karen Pittman. (2022, PG, 84min) ★★

+1 hour 326 420

Talking Pictures

328 445 82 306

6.00 AM **Second Best Bed** Comedy. (1938, b/w, PG, 74min) ★★
7.30 **Flood Tide** Vintage drama. (1934, b/w, U, 64min) ★★
8.45 **Look at Life**
9.00 **Let's Sing with Popeye**
9.05 **The Adventures of Robin Hood**
9.35 **The Adventures of Sir Lancelot**
10.05 **That's an Order** Family drama.
10.30 **The Roy Rogers Show**
11.00 **The Buccaneers** (S1)

11.30 **Fury** (S1)
12.00 NOON **Flash Gordon: Purple Death from Outer Space** Sci-fi adventure. (1966, b/w, U) ★★
1.45 PM **The Outer Limits** (S1)
2.45 **Fireball XL-5** (S1)
3.20 **Ghost Ship** Sea-faring drama. (1952, b/w, U, 74min) ★★
4.50 **The 39 Steps** Spy adventure. (1959, U, 93min) ★★★
6.40 **Look at Life**
7.00 **In Suspicious Circumstances**
8.00 **Maigret** 4/13. (S2)
9.00 **The Four Just Men** (S1)

9.30 **The French Connection** Thriller. (1971, 18, 104min) ★★★★★
11.35 **Human Desire** Melodrama. (1954, b/w, 12, 91min) ★★★
1.25 AM **Anna and the King** Drama. (1999, 12, 145min) ★★★★
4.20 **to 6.00** AM **Hyde Park Corner** Comedy. (1935, b/w, PG) ★★★

SATURDAY Sport

Sky Sports Main Event

401 401 859 | 511 501 | 420 440

6.00 AM **Sky Sports News**
7.00 **Good Morning Sports Fans**
7.30 **My Icon** Rachel Yankey.
7.45 **LIVE Netball World Cup** Coverage of the 11th-place play-off. Centre-pass **8.00am**.
9.45 **My Icon** Ebony Rainford-Brent.
10.00 **Soccer Saturday Pre-Match**
10.30 **Sky Sports News Special**
11.00 **Soccer Saturday Pre-Match**
11.30 **LIVE SPFL Celtic v Ross County.** Coverage of the match at Celtic Park. Kick-off **12.30pm**.
3.00 PM **Soccer Saturday**
5.00 **LIVE SPFL Kilmarnock v Rangers.** Coverage of the match at Rugby Park. Kick-off **5.15pm**.
7.30 **LIVE The Hundred Birmingham Phoenix Men v Trent Rockets Men.** Coverage of the match from Edgbaston.
9.00 **LIVE PGA Tour Golf** Day three of the Wyndham Championship.
11.00 **Sky Sports News**
3.00 AM **LIVE NRLW Parramatta Eels v Newcastle Knights.** From CommBank Stadium.
5.00 **to 6.00** AM **LIVE NRLW Canberra Raiders v Wests Tigers.** From GIO Stadium.

Sky Sports Premier League

402 402 860 | 512 502 | 421 441

6.00 AM **PL Greatest Games**
7.00 **Premier League Years**
9.00 **Premier League Preview**
10.00 **Soccer Saturday Pre-Match**
10.30 **Sky Sports News Special**
11.00 **Soccer Saturday Pre-Match**
12.00 NOON **Soccer Saturday: Build-Up** Previews.
3.00 PM **Soccer Saturday** Reports on the afternoon's football up and down the country, as updates come in from the studio and around the grounds.
5.00 **Soccer Saturday: Reaction**
6.00 **Soccer Saturday**
7.00 **Premier League Years** A look back at the 2022/23 campaign.
9.00 **Premier League Preview** A look ahead to the new season.
10.00 **Premier League Icons** A profile of striker Luis Suarez.
10.30 **PL Retro** Crystal Palace v Liverpool from 2013/14.
12.30 AM **Premier League Icons** A profile of former Manchester United star Ruud Van Nistelrooy.
1.00 **Premier League Years**
3.00 **PL Greatest Games**
4.00 **Premier League Best Goals**
5.30 **to 6.00** AM **Premier League 100 Club**

Sky Sports Football

403 403 861 | 513 503 | 422 442

6.00 AM **EFL Highlights**
6.15 **SPFL Special: Celtic's Invincibles** Celtic's unbeaten 2016/17 domestic campaign.
7.15 **EFL Highlights**
7.30 **Best Scottish Premiership Goals 2022/23** Highlights.
8.00 **Championship Season Review**
9.00 **The Rise of Jude Bellingham**
9.30 **EFL Highlights**
9.45 **SPFL Special: Celtic's Invincibles** From 2016/17.
10.45 **Best Scottish Premiership Goals 2022/23** Highlights.
11.15 **EFL Highlights**
11.30 **LIVE SPFL Celtic v Ross County.** Coverage of the opening match of the season staged at Celtic Park. Kick-off **12.30pm**.
3.00 PM **Soccer Saturday**
5.00 **LIVE SPFL Kilmarnock v Rangers.** Coverage of the match at Rugby Park. Kick-off **5.15pm**.
8.30 **SPFL** A chance to see Celtic v Ross County at Celtic Park.
12.00 M'T **EFL Highlights**
12.15 AM **SPFL Highlights**
12.45 **EFL Highlights**
1.00 **EFL Cup Retro**
2.00 **EFL** Derby County v QPR.
3.00 **to 6.00** AM **EFL Highlights**

Sky Sports Cricket

404 404 862 | 514 504 | 423 443

6.00 AM **The Women's Hundred Final Bitesize** Southern Brave v Oval Invincibles from 2021.
6.15 **The Hundred Final Bitesize**
6.30 **The Hundred Bitesize**
10.30 **LIVE The Hundred Manchester Originals Women v London Spirit Women.** Coverage of the match from Old Trafford in Manchester.
2.00 PM **LIVE The Hundred Manchester Originals Men v London Spirit Men.** Coverage of the match from Old Trafford.
5.30 **LIVE The Hundred Birmingham Phoenix Men v Trent Rockets Men.** Coverage of the match from Edgbaston.
9.00 **The Hundred Bitesize** Brief highlights of Birmingham Phoenix Men v Trent Rockets Men. **9.15** Birmingham Phoenix Women v Trent Rockets Women. **9.30** Manchester Originals Women v London Spirit Women. **9.45** Manchester Originals Men v London Spirit Men.
10.00 **The Hundred** Highlights.
5.00 **to 6.00** AM **The Hundred Bitesize**

Sky Sports Golf

405 405 863 | 515 505 | 424 444

6.00 AM **PGA Tour Golf**
10.00 **Ladies European Tour Golf**
11.00 **Legends Tour Golf** Highlights from day two of the JCB Championship at JCB Golf & Country Club in Staffordshire.
11.30 **Challenge Tour Golf** Action from the Suisse Challenge, which took place at the Wylihof Golf Club in Luterbach, Switzerland.
12.00 NOON **Ladies European Tour Golf** The Women's Scottish Open.
1.00 PM **LIVE Ladies European Tour Golf** Coverage of day three of the Women's Scottish Open at Dundonald Links in Ayrshire.
5.00 **LIVE PGA Tour Golf** Coverage of the third day of the Wyndham Championship at Sedgefield Country Club in Greensboro, North Carolina.
11.00 **Ladies European Tour Golf** Action from day three of the Trust Golf Women's Scottish Open.
12.00 M'T **Legends Tour Golf**
12.30 AM **PGA Tour Golf**
1.30 **Legends Tour Golf**
2.00 **Ladies European Tour Golf**
3.00 **US Open Official Films**
4.00 **Ladies European Tour Golf**
5.00 **to 6.00** AM **Playing Lessons**

TNT Sports 1

410 410 870 | 527 | 408 430

6.00 AM **LIVE World Rally Championship** Rally Finland.
8.45 **Around the Block**
9.00 **LIVE World Rally Championship** Rally Finland.
10.00 **What I Wore** Jermain Defoe.
10.15 **LIVE Sri Lanka Premier League Galle Titans v B-Love Kandy.** Coverage of the Twenty20 encounter.
2.15 PM **T20 Cricket Highlights**
3.15 **WWE Friday Night SmackDown**
4.45 **What I Wore** Eric Cantona.
5.00 **LIVE Vanarama National League Rochdale v Ebbsfleet United.** Coverage from Crown Oil Arena. Kick-off **5.30pm**.
7.45 **Premier League Preview**
8.45 **Around the Block**
9.00 **WWE Friday Night SmackDown**
10.30 **World Rally Championship**
11.00 **MotoGP** British Grand Prix.
11.30 **European Rally Championship**
12.00 M'T **LIVE UFC** Preliminary bouts.
2.00 AM **LIVE UFC Cory Sandhagen v Rob Font.** The catchweight bout, staged at Bridgestone Arena in Nashville, Tennessee.
5.30 **to 6.00** AM **World Rally Championship**

TNT Sports 2

411 411 871 | 528 | 409 431

8.00 AM **UEFA Champions League**
8.15 **MotoGP Rewind**
9.45 **LIVE MotoGP** The British Grand Prix third practice session.
12.00 NOON **LIVE MotoE** The first race of the British Grand Prix at Silverstone. Start-time **12.10pm**.
12.45 PM **LIVE MotoGP** The British Grand Prix qualifying session.
2.30 **LIVE MotoGP** The British Grand Prix sprint race. Start-time **3.00pm**.
4.00 **LIVE MotoE** The second race of the British Grand Prix from Silverstone. Start-time **4.10pm**.
4.45 **LIVE British Talent Cup** The United Kingdom junior motorcycle racing series at Silverstone.
5.45 **Deaf Away Days**
6.00 **LIVE MLB New York Yankees v Houston Astros.** Coverage of the match from Yankee Stadium. Start-time **6.05pm**.
9.30 **Fight Night Live**
11.30 **Joe Cole Cast** Rio Ferdinand.
12.00 M'T **Vanarama National League**
1.30 AM **LIVE MLB San Diego Padres v Los Angeles Dodgers.** Start-time **1.40am**.
5.00 **MLB Plays of the Week**
5.30 **to 6.00** AM **MLB: Off The Bat**

TNT Sports 3

417 417 874 | 529 | 410 432

6.00 AM **Gallagher Premiership Rugby Highlights** Recent action.
7.30 **LIVE AFL Hawthorn Hawks v Collingwood Magpies.** Coverage of the match, which takes place at Melbourne Cricket Ground. Bounce-up **7.35am**.
10.30 **WWE Friday Night SmackDown** Wrestling action.
12.00 NOON **Vanarama National League** A look back at the best of the 2022/23 season.
1.00 PM **Premier League Stories**
1.30 **LIVE World Rally Championship** Coverage of special stages 15, 16 and 17 in the latest round of the season.
4.15 **Badminton Weekly**
4.30 **LIVE World Rally Championship** Coverage of special stage 18 from the latest round of the season in Finland.
5.30 **PTO Triathlon** The US Open.
6.00 **LIVE Basketball: BIG 3** Coverage of the seventh round of the season at Spectrum Centre in Charlotte, North Carolina.
12.00 M'T **Premier League**
4.30 AM **TNT Sports Goals Reload**
5.00 **MotoGP** British Grand Prix.
5.30 **to 6.00** AM **Rugby Stories**

Sky Sports Action

407 407 865 | 517 507 | 426 446

6.00 AM **LIVE NRL North Queensland Cowboys v Brisbane Broncos.** Coverage of the match. Kick-off **6.00am**.
8.00 **My Icon** Double bill.
8.30 **LIVE NPC Rugby Northland v Canterbury.** From Northland Events Centre. Kick-off **8.35am**.
10.30 **The Darts Show**
11.00 **LIVE NRL South Sydney Rabbitohs v Newcastle Knights.** Coverage of the match, staged at Optus Stadium in Perth. Kick-off **10.35am**.
1.00 PM **NBC's Pro-Football Talk**
3.00 **Fight Night International**
5.00 **Pressure: Zayas & Carrington**
5.30 **My Icon** Leon McKenzie.
5.40 **International Rugby Union**
7.50 **My Icon** Shaun Gayle.
8.00 **LIVE International Rugby Union Argentina v South Africa.** The World Cup warm-up match. Kick-off is at **8.10pm**.
10.10 **International Rugby Union** New Zealand v Australia.
12.20 AM **My Icon** Leon Pryce.
12.30 **NY Jets Flight: Ascension**
3.15 **My Icon** Leon Pryce.
3.25 **International Rugby Union**
5.35 **to 6.00** AM **My Icon**

Sky Sports Mix

416 416 873 | 510 | 429 449

6.00 AM **Super League Gold**
6.10 **LIVE NRLW Cronulla-Sutherland Sharks v Gold Coast Titans.** Coverage of the match from PointsBet Stadium in Woolooware. Kick-off **6.10am**.
8.10 **Super League Gold**
8.15 **The Hundred Bitesize**
8.30 **WNBA** Recent action.
10.30 **LIVE The Hundred Manchester Originals Women v London Spirit Women.** Coverage of the match from Old Trafford in Manchester.
2.00 PM **LIVE The Hundred Birmingham Phoenix Women v Trent Rockets Women.** From Edgbaston in Birmingham.
5.30 **LIVE The Hundred Birmingham Phoenix Men v Trent Rockets Men.** Coverage of the match from Edgbaston.
9.00 **The Hundred Bitesize**
10.00 **My Icon** Michael Holding.
10.10 **International Rugby Union** New Zealand v Australia.
12.20 AM **My Icon** Michael Campbell.
12.30 **Ladies European Tour Golf**
1.30 **The Hundred**
5.00 **to 6.00** AM **Ladies European Tour Golf**

TNT Sports 4

421 421 876 | 530 | 411 434

6.00 AM **LIVE Badminton** The semi-finals of the Australia Open.
1.30 PM **Badminton Weekly**
1.45 **MLB Plays of the Week**
2.15 **Down the Clubhouse**
3.15 **LIVE Sri Lanka Premier League Jaffna Kings v Colombo Stars.** The T20 match.
7.15 **AFL** Another chance to see Adelaide Crows v Gold Coast Suns. **9.15** Hawthorn Hawks v Collingwood Magpies.
11.15 **What I Wore: Hector Bellerin** The Arsenal defender describes his passion for football via the shirts which have defined his life.
11.30 **AFL** Another chance to see Adelaide Crows v Gold Coast Suns. **1.30** AM A replay of Hawthorn Hawks v Collingwood Magpies.
3.30 **World Rally Championship**
4.00 **to 6.00** AM **LIVE Badminton** Coverage of the Australia Open Finals, which takes place at State Sports Centre in Sydney.

Eurosport 1

413 413 868 | 521 | 412 435

6.00 AM **Cycling: Track World Championships**
6.55 **Hall of Fame: Tokyo 2020**
7.55 **Climbing World Championships** From Bern.
8.55 **Cycling: Track World Championships** Day two.
9.55 **LIVE Cycling: Track World Championships** Coverage of the third day from Glasgow.
3.05 PM **Climbing World Championships** From Bern.
4.05 **Artistic Gymnastics: Summer World University Games**
5.10 **Olympic Games**
5.25 **LIVE Cycling: Track World Championships** Day three.
9.30 **Discovery Golf**
10.00 **LIVE Triathlon PTO Tour** The men's event at the US Open.
2.30 AM **Olympic Games**
3.00 **Climbing World Championships** From Bern.
4.00 **Formula E** London ePrix.
5.00 **to 6.00** AM **World Surf League**

Eurosport 2

414 414 869 | 522 | 413 436

6.00 AM **Climbing World C'ships**
7.00 **Artistic Gymnastics**
8.00 **LIVE Fencing: Summer World University Games** Day four from Chengdu, China.
12.00 NOON **British Superbikes**
12.25 PM **LIVE Mountain Bike World Championships** The men's and women's downhill.
5.05 **British Superbikes**
5.30 **LIVE Climbing World Championships** From Bern.
7.30 **Sailing: The Ocean Race**
8.00 **Formula E** London ePrix.
9.00 **British Speedway**
10.00 **Climbing World Championships**
11.00 **Playing Fields**
11.30 **Cycling: World Championships**
12.30 AM **Discovery Golf**
1.00 **Climbing World Championships**
2.00 **FIA Endurance Championship**
3.00 **British Superbikes**
3.15 **to 6.00** AM **LIVE Motorcycling** Coverage of the Eight Hours of Suzuka in Japan.

Sky Sports Arena

408 408 866 | 518 508 | 427 447

6.00 AM **Rugby League**
7.45 **LIVE Netball World Cup** The 11th-place play-off match.
9.45 **My Icon** Leon McKenzie.
10.00 **LIVE Netball World Cup** The first semi-final in Cape Town.
12.00 NOON **Super League**
12.15 PM **Netball World Cup**
2.15 **Super League Highlights**
2.45 **LIVE Netball World Cup** The second semi-final in Cape Town.
4.45 **My Icon** Mary Cholhok.
5.00 **LIVE Netball World Cup** The ninth-place play-off match.
7.00 **Super League Highlights**
7.30 **Equestrian**
8.30 **The Darts Show**
9.00 **Fight Night International**
10.00 **Super League Highlights**
11.00 **WNBA** Recent action.
1.00 AM **Netball World Cup**
3.00 **LIVE NRLW Parramatta Eels v Newcastle Knights.**
4.50 **to 6.50** AM **LIVE NRLW Canberra v Wests.**

Sky Sports F1

406 406 864 | 516 506 | 425 445

6.00 AM **The Home of F1**
11.00 **Formula 3** Action from the Belgian Grand Prix.
1.15 PM **Formula 2** Belgian GP.
3.45 **F1 Features**
4.00 **LIVE Indycar** The Big Machine Music City Grand Prix second practice session from Nashville.
5.00 **F1 Academy Highlights**
5.30 **Portrait of the Paddock**
5.50 **Graham Hill: World Champion**
6.15 **Lewis and the Lie Detector**
6.30 **F1 Academy Highlights**
7.00 **LIVE Indycar** The Big Machine Music City Grand Prix qualifying session. Start-time **7.45pm**.
8.15 **F1 Demystified: The Pitwall**
8.20 **Fittipaldi in His Lotus 72**
8.30 **F1 Academy Highlights**
9.00 **Formula 1** Belgian Grand Prix.
10.00 **The Notebook**
10.30 **Indycar** From Nashville.
11.45 **F1 Academy Highlights**
12.15 AM **F1 Features**
1.00 **to 6.00** AM **The Home of F1**

Sunday

6 August

Evening Planner

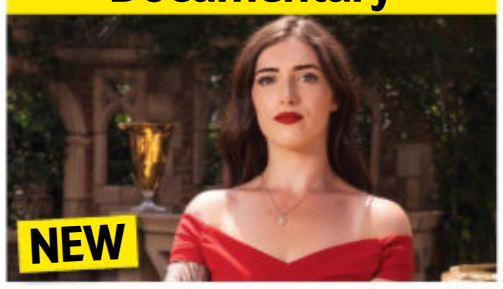
Factual

Amazing Hotels: Life Beyond the Lobby
BBC2, 8pm
New co-host Robert Rinder joins Monica Galetti at Kasbah Tamadot in Morocco.

Wildlife

Levison Wood: Walking with Orangutans
C4, 8pm
The ex-army officer trails endangered animals – beginning in Borneo.

Documentary



Crazy Rich Agents: Selling Dream Homes
BBC2, 9pm (boxset, BBC iPlayer
Following five estate agents working to sell luxury properties around London.

Reality

Alone
C4, 9pm
Eleven brave Brits arrive in the Canadian wilderness, where they will compete to survive on their own with only basic tools.

SKY EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES								
101 BBC1	7.00 Countryfile		8.00 Antiques Roadshow		9.00 World on Fire		10.00 News	10.30 Film: King's... †
102 BBC2	7.00 Heat Pumps: What They Really Mean...		8.00 Amazing Hotels: Life Beyond the Lobby		9.00 Crazy Rich Agents: Selling Dream Homes		10.00 The Misadventures of Romesh...	
103 ITV1	7.00 Vera				9.00 A Spy Among Friends; News			10.20 Long Lost Family
104 CHANNEL 4	◂ 5.30 Film: Star Trek Into Darkness		8.00 Levison Wood: Walking with...		9.00 Alone		10.00 Gogglebox	
105 CHANNEL 5	7.00 TK Maxx: How to Bag a Bargain		8.00 Million Pound Motorhomes		9.00 Coastguard: Search & Rescue SOS		10.00 999: Police Hour of Duty	
106 SKY SHOWCASE	7.00 Islands		8.00 Rob & Romesh vs Crufts		9.00 Magnum P.I.		10.00 The Blacklist	
ENTERTAINMENT								
115 BBC3	7.00 Cycling: World Championships – Live: Day four from Glasgow				9.00 World Cup...	9.30 Film: The Lost Boys		
116 BBC4	7.00 This House Is Full of Music: Imagine		8.00 Tchaikovsky and Prokofiev at the Proms			9.30 Tchaikovsky: The Creation of Greatness		10.30 Tchaikovsky...
118 ITV2	◂ 6.15 Film: Harry Potter and the Order of the Phoenix				9.00 Love Island: The Reunion			10.35 Family Guy
136 MORE4	◂ 6.55 Come Dine with Me		8.00 PopMaster TV		9.00 24 Hours in A&E		10.00 The Emergency Ward	
135 E4	◂ 6.15 Film: Bride Wars		8.00 Young Sheldon		9.00 Film: Baywatch			
107 SKY WITNESS	7.00 Border Security	7.30 Nothing to...	8.00 Caught on Dashcam		9.00 The Good Doctor		10.00 Departure	
108 SKY ATLANTIC	◂ 6.45 The Sopranos				9.00 True Detective			10.10 Tin Star
110 GOLD	◂ 6.40 Only...	7.20 Dad's Army	8.00 Only Fools and Horses			9.20 The Vicar of Dibley	10.00 Billy Connolly Does	
111 DAVE	7.00 Border Force: America's Gatekeepers		8.00 QI XL		9.00 Have I Got a Bit More News for You		10.00 Secrets of the Apollo	
119 ITV3	7.00 Rosemary & Thyme		8.00 Judi Dench's Wild Borneo Adventure		9.00 Joanna Lumley's Silk Road Adventure		10.00 Endeavour	
120 ITV4		7.05 Film: The Magnificent Seven Ride!			9.15 Film: First Blood			
112 COMEDY CENTRAL	7.00 Film: HouseSitter				9.00 Film: Wayne's World			
139 SKY SCI-FI	7.00 Star Trek: Voyager				9.00 Film: Megalodon Rising			
113 SKY MAX	7.00 Fringe				9.00 Magnum P.I.		10.00 The Blacklist	
109 ALIBI	7.00 Hudson & Rex				9.00 Death in Paradise			
130 SKY ARTS	7.00 The Joy of Painting		8.00 Film: Sherlock Holmes and the Voice of Terror			9.20 Greatest Albums Live		
132 W	7.00 Nurses on the Ward		8.00 Inside the Operating Theatre		9.00 Stacey Dooley Sleeps Over: Family...		10.00 Killer Women with Piers Morgan	
DOCUMENTARY								
125 DISCOVERY	7.00 Moonshiners: Master Distiller		8.00 This Is Mark Rober		9.00 Walking the Himalayas		10.00 Street Outlaws	
162 ANIMAL PLANET	7.00 Dodo Heroes		8.00 Coyote Peterson: Brave the Wild		9.00 Tanked		10.00 Alaskan Bush People	
129 NAT GEO	7.00 World's Greatest Train Journeys from...		8.00 Bombing Pompeii		9.00 Air Crash Investigation		10.00 Surviving Maximum Security: Back...	
123 SKY HISTORY	7.00 Walking Through History				9.00 Instruments of Death		10.00 Forged in Fire	
155 YESTERDAY	7.00 Bangers & Cash		8.00 'Allo 'Allo!				10.00 Secrets of the London Underground	
121 SKY DOCS		7.15 To End All War: Oppenheimer and the Atomic Bomb			9.00 Last Call: When a Serial Killer Stalked...			10.05 Film: The Stroll
FILMS - Sky Cinema								
301 PREMIERE	◂ 6.15 The Harbinger		8.00 Maggie Moore(s)			9.50 Babylon		
303 CREATURES	7.00 Jurassic World: Dominion					9.30 Godzilla		
304 GREATS	◂ 5.55 Birdy		8.00 E.T. The Extra Terrestrial				10.00 Interview with the Vampire	
305 ANIMATION	◂ 5.45 Angry...	7.25 The Emoji Movie			8.55 The Ogglies			10.35 The Jungle...
306 FAMILY	◂ 5.55 The Wizard of Oz		7.50 Blueback			9.45 Robo-Dog		
307 ACTION	◂ 5.50 Fast & Furious 5		8.00 Terminator 2: Judgment Day					10.35 The Raid 2
308 COMEDY	◂ 6.15 Groundhog Day		8.00 Blades of Glory			9.40 Superbad		
309 THRILLER	◂ 5.25 A Time to Kill		8.00 No Country for Old Men				10.15 Internal Affairs	
310 DRAMA	◂ 6.00 Monster's Ball		8.00 Manchester by the Sea					10.25 Spotlight
311 SUMMER SCARES	◂ 6.05 Shaun of the Dead		8.00 The Blair Witch Project				10.00 Saw V	
302 WIZARDING WORLD		7.20 Harry Potter and the Philosopher's Stone					9.55 Harry Potter and the Chamber of Secrets	
313 FILM4	◂ 6.40 A Good Year				9.00 12 Strong			
SPORT								
401 MAIN EVENT	◂ 4.45 EFL – Live	7.30 The Hundred – Live: Oval Invincibles Men v Welsh Fire Men			9.00 PGA Tour Golf – Live: The Wyndham Championship			
402 PREMIER LEAGUE	7.00 Premier League Years				9.00 Premier League Preview		10.00 PL Icons	10.30 PL Retro
403 FOOTBALL	◂ 4.45 EFL – Live	7.30 The Rise of...	8.00 SPFL Highlights	8.30 EFL Goals: L1&2	9.00 EFL Highlights		10.00 SPFL...	10.30 EFL Goals: L1&2
404 CRICKET	◂ 5.30 The Hundred – Live: Oval Invincibles Men v Welsh Fire Men				9.15 The Hundred Bitesize		10.00 The Hundred	
410 TNT SPORTS 1	◂ 3.00 T20 Cricket	7.30 Down The Clubhouse		8.30 Ariel Helwani...	9.00 WWE SmackDown Highlights		10.00 WWE NXT	
411 TNT SPORTS 2	◂ 6.30 MLB – Live: Boston Red Sox v Toronto Blue Jays (Start-time 6.35)						10.00 UFC	

◂ Denotes programmes starting before 7.00pm † Regions vary

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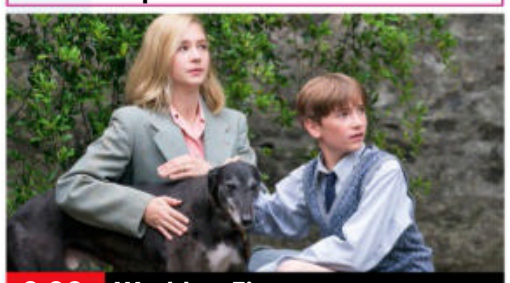
BBC1

101 101 | 101 101 | 1 101 | 101 101/106

6.00 AM **Breakfast** (S)
9.00 **BBC News** (S)
10.00 **Sunday Morning Live** New edition
11.00 **Settling Down: Believer's Guide**
11.45 **Homes Under the Hammer** (S)(R)
12.15 PM **Bargain Hunt** (S)(R)(AD)
1.00 **BBC News** (S)
1.15 **Songs of Praise: The 12th Century Church in a Hospital** New edition
1.50 **Money for Nothing** (S)(R)
2.20 LIVE **Cycling: World Championships** Coverage of the men's road race on day four. (S)
4.30 **Escape to the Country** (S)(R)
4.55 FILM **Ghostbusters** Comedy. (S) (1984, 12, 100min) ★★★★

• Alternative schedule If BBC1 show today's World Cup football, the schedule will be: **8.30am Sunday Morning Live 9.30-11.45am LIVE Football: Women's World Cup** The fourth last-16 match.



9.00 World on Fire

6 PM
6.35 **BBC News** (S)
6.50 **Local News** (S)

7 PM
7.00 **Countryfile** New edition Matt Baker and Charlotte Smith visit Dumfries House, visiting a craft workshop and discovering how the estate is helping people to improve mental and physical health. (S)

8 PM
8.00 **Antiques Roadshow** Fiona Bruce presents the show from the grounds of Wollaton Hall in Nottingham, where treasures include a toy monkey popping out of a musical pineapple. (S)(R)

9 PM
9.00 **World on Fire** New episode 4/6. Kasia takes on her first assignment as an agent, Rajib's military values are tested, and a familiar face comes to David's aid. (S2) (S)(AD)

10 PM
10.00 **BBC News** (S)
10.25 **Local News** (S)
10.30 FILM **The King's Speech** Oscar-winning drama starring Colin Firth and Geoffrey Rush. Desperate to overcome his debilitating stammer, the future King George VI reluctantly becomes a patient of unconventional Australian speech therapist Lionel Logue. Their relationship is initially prickly, but as war with Nazi Germany looms, Logue's role becomes increasingly crucial. (S) (2010, 12, 110min) ★★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.20 AM **Weather for the Week Ahead**
12.25 **to 6.00** AM **BBC News** (S)

BBC2

102 102/115 802 | 102 102 | 2 102 | 102 102/106

6.35 AM **Gardeners' World** (S)(R)
7.35 **Countryfile** (S)(R)
8.30 **Beechgrove Garden** (S)(R)
9.00 **Life in a Cottage Garden with Carol Klein** (S)(R)(AD)
9.30 **Saturday Kitchen Best Bites** New edition Series highlights. (S)
11.00 **Strawbridge Over the Drawbridge** (S)(R)
11.30 **Pizza Boys** (S)(R)
12.00 NOON **Great British Menu** (S)(R)
1.00 PM **The Best Dishes Ever** (S)(R)
1.20 FILM **Pillow Talk** Romantic comedy starring Doris Day. (S) (1959, PG, 100min) ★★★★
3.00 **Perfect Partners: Talking Pictures** Documentary. (S)(R)
4.00 **Flog It!** From Birmingham. (S)(R)
5.00 LIVE **Netball World Cup** Coverage of the gold medal match. Centre-pass is at 5.00. (S)

11.00 Ali

6 PM
LIVE **Netball World Cup** (started at 5.00pm)

7 PM
7.00 **Heat Pumps: What They Really Mean for You** 2/2. Justin Rowlatt, Michelle Ackerley and Dr Tara Shine investigate the eco-friendly alternatives to oil and gas boilers including heat pumps. (S)(R)

8 PM
8.00 NEW SERIES **Amazing Hotels: Life Beyond the Lobby** 1/8. Monica Galetti and new co-host Rob Rinder join staff at luxury hotels – beginning at Morocco's Kasbah Tamadot. (S)

9 PM
9.00 NEW SERIES **Crazy Rich Agents: Selling Dream Homes** 1/4. Five rookie property brokers compete in the world of luxury real estate. (S)(AD)
■ Entire series on BBC iPlayer

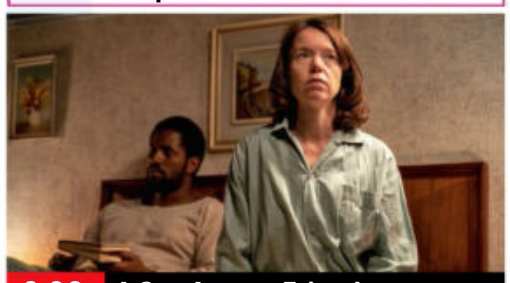
10 PM
10.00 **The Misadventures of Romesh Ranganathan** The comedian visits Colombia, where he learns the traditional methods of making coffee and discovers if the country's violent reputation is deserved. (S)(R)
11.00 FILM **Ali** Biopic starring Will Smith as world heavyweight boxing champion Muhammad Ali. With Mario Van Peebles and Jon Voight. (S) (2001, 15, 150min) ★★★★
1.30 AM **Muhammad Ali: A Life in Ten Pictures** Defining moments in the boxer's life and career. (S)(R)
2.30 **Sign Zone: Wolf** 1/6. Thriller about a detective and a family haunted by past crimes. (S1 (S)(R)(AD)
3.30 **to 6.30** AM **Previews** (S)

ITV1

103 103/176 803 | 103/113 | 3 103 | 103 111

6.00 AM **CITV**
8.25 **Katie Piper's Breakfast Show** New edition With Joe Thomas. (S)
9.25 **ITV News** (S)
9.30 **Love Your Weekend** (S)(R)
11.30 **Jason Atherton's Dubai Dishes** A vegetable market. (S)(R)(AD)
12.30 PM **Love Your Garden** (S)(R)(AD)
1.00 **ITV News** (S)
1.15 **Catchphrase** (S)(R)(AD)
2.00 **DNA Journey** (S)(R)(AD)
3.15 LIVE **FA Community Shield** Manchester City v Arsenal: Kick-off is at 4.00. (S)

• Alternative schedule If ITV show today's World Cup football, the schedule will be: **9.30am LIVE Football: Women's World Cup** Coverage of this morning's fourth last-16 match. **12.15pm Jason Atherton's Dubai Dishes 1.15 ITV News 1.30-2.00pm Love Your Garden**



9.00 A Spy Among Friends

6 PM
6.30 **ITV News** (S)
6.50 **Local News** (S)

7 PM
7.00 **Vera** *As the Crow Flies:* The detective investigates the death of a school teacher, and it quickly becomes a murder case when she discovers evidence the body has been tampered with. (S)(R)(AD)

9 PM
9.00 **A Spy Among Friends** New episode 5/6. Elliott and Lily now have to assume that no one can be trusted and must get to Blunt before anyone else to interrogate him. (S1) (S)(AD)
■ Entire series on ITVX

10 PM
10.05 **ITV News** (S)
10.20 **Long Lost Family** 5/7. Davina McCall and Nicky Campbell follow the stories of two women looking for siblings given up for adoption for very different reasons. (S)(R)
11.20 **Kate Garraway's Life Stories** (R)
12.20 AM **Romeo & Duet** (S)(R)(AD)
1.20 **The Masked Singer** (S)(R)
2.35 **Paul Sinha's TV Showdown** (S)(R)
3.05 **Motorsport UK** (S)(R)
3.55 **Unwind with ITV** (S)
5.10 **Ainsley's Mediterranean Cookbook** (S)(SL)(R)(AD)
5.35 **to 6.00** AM **Ainsley's Mediterranean Cookbook** From Seville. (S)(SL)(R)(AD)

+1 hour 203 | 303 | 35 | 112

CHANNEL 4

104 104/108 804 | 104/108 | 4 104 | 104/106

6.10 AM **The King of Queens** (S)(R)
7.00 **Cheers** 1-3/22. (S1) (S)(R)
8.25 **Bake Off: The Professionals** Reinventing the pavlova. (S)(R)
9.30 **Sunday Brunch** New edition With Jennifer Ellison, Sara Davies, Gregg Sulkin, Shazia Mirza, Corey Taylor and Miles Kane. (S)
12.30 PM **The Simpsons** (S)(R)(AD)
2.00 **The Secret Life of the Zoo** A penguin fights for its life. (S)(R)
2.50 FILM **How to Lose a Guy in 10 Days** Romantic comedy starring Kate Hudson and Matthew McConaughey. (S)(AD) (2003, 12, 130min) ★★★
5.00 **News** (S)
5.30 FILM **Star Trek Into Darkness** Sci-fi adventure sequel starring Chris Pine and Zachary Quinto. (S) (AD) (2013, 12, 150min) ★★★★

5.30 Star Trek Into Darkness

6 PM
Star Trek Into Darkness (film started at 5.30pm)
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

8 PM
8.00 NEW SERIES **Levison Wood: Walking with Orangutans** 1/3. The explorer tracks down some of the most endangered animals on the planet, starting with orangutans in Borneo. *See feature, page 21.* (S)(AD)

9 PM
9.00 NEW SERIES **Alone** 1/6. Survival challenge in which 11 people battle the elements in the remote wilderness of northwest Canada, equipped with only a handful of basic tools. *See feature, page 20.* (S)

10 PM
10.00 **Gogglebox** The armchair critics share their opinions on shows including *Kings of Pain*, *Strictly Come Dancing*, *Coronation Street* and *Antiques Roadshow*. (S)(R)(AD)
10.55 **Gogglebox** (S)(R)(AD)
12.00 M'T **Queer as Folk US** New episode *Choke:* 5/8. Mingus celebrates their birthday. (S1) (S)
12.45 AM FILM **The Worst Person in the World** Norwegian comedy. (2021, 15, 125min) ★★★★★
2.50 **Ramsay's Kitchen Nightmares USA** From New Jersey. (S)(R)
3.40 **Come Dine with Me** (S)(R)
5.45 **to 6.15** AM **Beat the Chef** (S)(R)

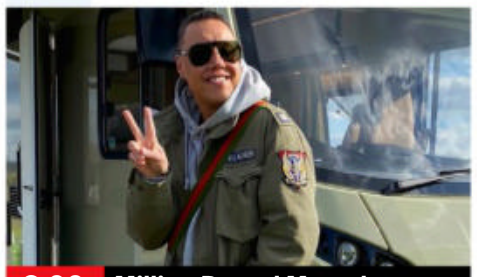
+1 hour 204/208 | 304 | 15 | 121

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

CHANNEL 5

105 105 805 | 105 | 5 105 | 105 105

5.25 AM **Milkshake!**
10.00 **Teenage Mutant Ninja Turtles** Animated adventures. (S)(R)
10.25 **Entertainment News** (S)
10.35 **Friends** 13-17/24. (S2) (S)(R)
12.35 PM **Police Interceptors** (S)(R)
2.35 **Inside the Tower of London** 2/7. The Tower staff work on the transformation of the moat for the Platinum Jubilee. (S)(R) **3.35** 3/7. Cameras follow the moat's transformation into a floral installation. (S)(R)
4.30 **10 Ways the Victorians Changed Britain** Documentary looking at landmark concepts and structures from the Victorian era that transformed the nation, including sewers, bridges and trains. (S)(R)
5.55 **News** (S)



8.00 Million Pound Motorhomes

6.00 **Dorset: Country and Coast** At Weymouth beach, Mark Anderson puts the finishing touches to his new sculpture which is made entirely of sand – a Coronation scene featuring King Charles. (S)(R)

7.00 **TK Maxx: How to Bag a Bargain** A look behind the scenes of the department store, revealing how they keep their products so cheap and make people buy more. (S)(R)

8.00 **Million Pound Motorhomes** New edition 4/8. Ahead of a summer travelling to various DJing gigs, fashion stylist Gok Wan decides to try out a luxury motorhome. (S)

9.00 **Coastguard: Search & Rescue SOS** Series finale 6/6. An around-the-UK rowing boat challenge goes wrong off the Mull of Kintyre due to horrendous weather. (S)

10.00 **999: Police Hour of Duty** 1/8. Officers track down a man suspected of carrying out a series of terrifying armed robberies but face a race to secure the evidence needed to charge him. (S)(R)

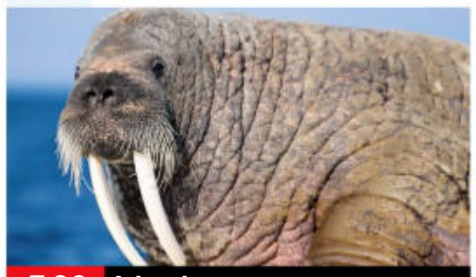
10.55 **Police Code Zero: Officer Under Attack** (S)(R)
11.50 **Surgeons: A Matter of Life or Death** Documentary. (S)(R)
12.50 AM **Entertainment News** (S)
1.00 **Teleshopping** (S)
3.00 **Great British Ships** (S)(R)
3.45 **The Yorkshire Vet** (S)(R)(AD)
4.45 **Britain's Great Cathedrals** (R)
5.30 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 | 305 | 38 | 128

SKY SHOWCASE

106 106 806 | 109 | 340 355

6.00 AM **Abominable and the Invisible City** (S)(R)(AD)
6.50 **Lego DREAMZzz** (S)
7.15 **Challenge DanTDM** (S)
7.30 **Draw with Will... Video Games** (S)
7.40 **Monkey Life** (S)(R)(AD)
9.00 **The Simpsons** (S)(R)
11.00 **Attenborough's Journey** The making of David Attenborough's series *First Life*. (S)(R)(AD)
12.00 NOON **NCIS: New Orleans** 16&17/20. (S6) (S)(R)
2.00 PM LIVE **Cricket: The Hundred** Southern Brave v Northern Superchargers: Coverage of today's men's match staged at the Ageas Bowl, Southampton.
5.30 **The Simpsons** *The Blunder Years:* Homer recalls a childhood trauma. (S)(R)



7.00 Islands

6.00 **The Simpsons** *Brawl in the Family:* Homer's Las Vegas 'wife' turns up. With Delroy Lindo. (S)(R) **6.30** *Sweets and Sour Marge:* Marge launches an anti-sugar campaign. (S)(R)

7.00 **Islands** New edition 3/6. The wildlife on Baffin in the Canadian Arctic, including beluga whales, arctic foxes and a never-before-filmed two-tusked narwhal. (S)

8.00 **Rob & Romesh vs Crufts** Dog owners Rob Beckett and Romesh Ranganathan enter their pets in Crufts, with *Britain's Got Talent* star Ashleigh Butler acting as their guide. (S)(R)(AD)

9.00 **Magnum P.I.** New episode *Birthright:* 7/20. Thomas and Higgins investigate the robbery of an elderly man, while TC requires some assistance to overcome a past trauma. (S5)

10.00 **The Blacklist** New episode *The Freelancer (No145): Part Two:* 7/22. The return of the Freelancer unveils a conspiracy involving a photographer, while Ressler hits a milestone. (S10) (S)

11.00 **Ricky Gervais Live: Animals** Feature-length film shot during the first stand-up tour by the comedian and writer. (S)(R)
12.30 AM **Then You Run** 5/8. Ruth and Nessi seek out a police station to confess. (S1) (S)(R)
1.30 **Road Wars** Vehicle crime. (R)
2.00 **Caught on Dashcam** (S)(R)
3.00 **Nothing to Declare** (S)(R)
5.00 **to 6.00** AM **The Early Rundown**

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky **964**, Virgin **862**, Freesat **964**
10.30pm Sportscene: Premiership Highlights (S)(R) **11.15** FILM The King's Speech: Oscar-winning drama. (S)(AD) (2010, 12, 110min) ★★★★★ **1.05am** Weather for the Week Ahead (S) **1.10-6.00am** BBC News (S)

N. IRELAND
Sky **966**, Virgin **863**, Freesat **966**
No variations

WALES
Sky **965**, Virgin **864**, Freesat **965**
1.50-2.20pm Pizza Boys: A visit to Naples. (S)(R)

BBC2

N. IRELAND
Sky **969**, Freesat **969**
7.00pm A Stitch Through Time (S)(R) **7.30-8.00pm** Barra's Return of the Wild: Northern bald ibis. (S)(R)

WALES
Sky **968**, Freesat **968**
11.30am-12.00noon Weatherman Walking (S)(R) **4.00pm** Money for Nothing (S)(R) **4.30-5.00pm** Iolo: A Wild Life (S)(R)

ITV1

As main ITV1 except:
WALES
7.00pm Backstage at the Eisteddfod New edition (S) **7.30** Welsh Lives (S)(R) **8.00** Coast & Country (S)(R) **8.30-9.00pm** Vanished Wales (S)(R)

S4C

Sky **134**, Virgin **164**, Freesat **120**
6.00am Cyw **8.50** Penblwyddi Cyw New edition **9.00** Garddio a Mwy **9.30** Codi Pac **10.00** Eisteddfod Genedlaethol Cymru New edition **11.00** Eisteddfod Genedlaethol Cymru New edition **1.00pm** Eisteddfod Genedlaethol Cymru New edition **3.00** Eisteddfod Genedlaethol Cymru New edition **6.35** Pobol y Cwm Omnibws (AD) **7.45** Newyddion a Chwaraeon **8.00** Eisteddfod Genedlaethol Cymru: Y Gymanfa Ganu New edition **9.30** Eisteddfod Genedlaethol Cymru New edition **10.30** Gemau'r Haf – Rygbi **11.30pm-12.35am** Eisteddfod Genedlaethol Cymru

TV&Satellite week
Best for Sky and Virgin

BBC3

115/117/121 | 107/157 | 23 107 | 179 | 107

7.00 PM LIVE **Cycling: World Championships** Coverage of day four of the annual World Track Championships from the Sir Chris Hoy Velodrome in Glasgow, featuring the men's individual pursuit and omnium, plus the women's elimination and keirin races.
9.00 **MOTD: Women's World Cup Highlights** Action from the third and fourth last-16 matches staged at Sydney Football Stadium and Melbourne Rectangular Stadium respectively.
9.30 FILM **The Lost Boys** Teen vampire tale starring Jason Patric, Corey Haim, Dianne Wiest and Kiefer Sutherland. Two teenagers discover vampire bikers in a Californian town. (1987, 15, 98min) ★★★★
11.00 **Dreaming Whilst Black** Double bill. 3&4/6. (S1)
11.50 **Glow Up: Britain's Next Make-Up Star**
1.50 **to 3.50** AM **Hot Cakes**

BBC4

116 116 | 107/108 | 9/24 106 | 108

7.00 PM **Imagine... This House Is Full of Music** A portrait of the musically gifted Kanneh-Mason family.
8.00 NEW **BBC Proms: Tchaikovsky and Prokofiev** Ryan Bancroft conducts the BBC NOW in Prokofiev's third piano concerto, with Isata Kanneh-Mason making her solo Proms debut, and Tchaikovsky's fifth symphony.
9.30 **Tchaikovsky: The Creation of Greatness** 1/2. Conductor Charles Hazlewood presents this docu-drama telling the life story of the Russian composer. Stars Ed Stoppard.
10.30 **Tchaikovsky: Fortune and Tragedy** 2/2. The story of the composer's disastrous marriage is revealed.
11.30 **The Ascent of Man**
1.10 AM **Mark Lawson Talks to Martin Amis**
2.10 **to 3.10** AM **Tchaikovsky: Creation of Greatness**

MORE4

136/137 831 | 147 | 18 | 124

8.55 AM **George Clarke's Amazing Spaces**
9.55 **Ugly House to Lovely House with George Clarke**
11.00 **George Clarke's Old House, New Home**
12.00 NOON **Come Dine with Me**
2.40 PM **Four in a Bed**
5.20 **Come Dine with Me** Bar manager Adie hosts the first night in Bournemouth. **5.55** Aristocratic vet Sir Henry hosts a relaxed party. **6.25** Pippa hosts a fish-themed dinner party.
6.55 **Come Dine with Me** Student Simone serves up a spicy Bajan-inspired menu. **7.25** Flamboyant charity manager Jacqueline throws the final party of the week.
8.00 **PopMaster TV** 5/6. Ken Bruce hosts the fifth heat of the music quiz.
9.00 **24 Hours in A&E** A woman with a weak immune system is treated after being bitten by her cat.
10.00 NEW SERIES **The Emergency Ward** Paramedics bring in a man who has been on a two-day drug bender.
11.00 **Emergency Helicopter Medics** Documentary.
12.05 AM **The Good Doctor**
1.00 **The Emergency Ward**
2.00 **24 Hours in A&E**
3.10 **to 3.35** AM **Food Unwrapped**

+1 hour 236/237 | 347 | 125

E4

135/136 830 | 106 | 13 | 122

6.00 AM **Hollyoaks Omnibus**
8.30 **Rude(ish) Tube Shorts**
8.45 FILM **Dora and the Lost City of Gold** Adventure starring Isabela Moner. (2019, PG, 102min) ★★★
10.50 **Ramsay's Kitchen Nightmares USA**
1.45 PM FILM **Lemony Snicket's A Series of Unfortunate Events** Children's fantasy comedy starring Jim Carrey. (2004, PG, 103min) ★★★★
3.45 **The Big Bang Theory** (S4)
6.15 FILM **Bride Wars** Wedding comedy with Kate Hudson and Anne Hathaway. (2009, 12, 85min) ★★★
8.00 **Young Sheldon** New episodes 7/21. A search for a comic book leads to a breakthrough. **8.30** 8/21. The church takes issue with Meemaw's video store. (S6)
9.00 FILM **Baywatch** Action comedy starring Dwayne Johnson and Zac Efron. A lifeguard teams up with an Olympic swimmer to scupper a criminal scheme. (2017, 15, 121min) ★★
11.15 **Naked Attraction's Best Naughty Bits**
12.20 AM **Gogglebox**
2.30 **First Dates**
3.20 **Modern Family** (S1)
3.45 **to 6.00** AM **Hollyoaks Omnibus**

+1 hour 235/236 | 306 | 30 | 123

CALL THE MIDWIFE
Tonight 6.40pm
Freeview 20
DRAMA

SUNDAY Entertainment

Sunday

Sky Witness

107 107 807 110 341 356

6.00 AM **Sun, Sea and A&E**
7.00 **Border Security: America's Front Line**
8.00 **Border Patrol**
11.00 **Stop, Search, Seize**
12.00 NOON **Air Ambulance ER** The crew attempt to save a victim of a cardiac arrest.
1.00 PM **Sun, Sea and A&E** The misfortunes of British tourists hospitalised abroad.
2.00 **Nothing to Declare** Ten editions of the documentary series following the work of customs officers in Australia.

8.00 Caught on Dashcam

7 PM

7.00 **Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.

8 PM

8.00 **Caught on Dashcam** Road disasters captured on video by drivers' dashboard cameras.

9 PM

9.00 **The Good Doctor** *Old Friends:* 15/22. Dr Jared Kalu makes a surprise return with a billionaire patient. (S6)

10 PM

10.00 **Departure** *The Tempest:* 1/6. Kendra Malley investigates when an explosion on a ferry results in loss of life. (S3)
11.00 **The Rookie** 4/20. (S1)
12.00 M'T **Transplant** 6/13. (S1)
1.00 AM **Lincoln Rhyme: Hunt for the Bone Collector** 5/10. (S1)
2.00 **Law & Order: Special Victims Unit** New episode 12/22. (S24)
3.00 **to 6.00** AM **Nothing to Declare**

+1 hour 207 310

Sky Atlantic

108/109 108/109 808 342 357

6.00 AM **The Guest Wing**
7.00 **Richard E Grant's Hotel Secrets** From Miami.
8.00 **Fish Town** Double bill.
10.00 **Britannia** (S1&2)
3.25 PM **The Sopranos** 3/21. Tony's dream continues. **4.35** 4/21. Jason Barone's father dies, leaving him to make a mammoth decision. **5.40** 5/21. Johnny Sack is granted leave from prison for his daughter's wedding. **6.45** 6/21. Gossip is rife about Vito's secret life. (S6)

9.00 True Detective

7.50 **The Sopranos** *Luxury Lounge:* 7/21. Artie reaches crisis point as his business starts to go under, while Christopher and Little Carmine pursue a new idea. (S6)

9.00 **True Detective** *Who Goes There:* 4/8. Dora's ex-husband Charlie gives the duo a lead in their search for prime suspect Reggie Ledoux. (S1)
10.10 **Tin Star** *Bait:* 5/10. Angela takes her family's safety into her own hands after Jim is banished. (S1)
11.15 **Little Birds** 5/6. (S1)
12.20 AM **The Gilded Age** 3/9. (S1)
1.30 **In Treatment** (S2)
2.00 NEW SERIES **Winning Time: Rise of the Lakers Dynasty**
3.25 **Richard E Grant's Hotel Secrets** From Miami.
4.15 **to 6.00** AM **Fish Town**

+1 hour 208/209

Sky Max

113/114 113/114 111 346 361

6.00 AM **Bondi Rescue**
7.00 **Supergirl** 11-15/23. (S3)
12.00 NOON **NCIS: New Orleans** Five episodes, including at: **3.00** PM 19/20. Sebastian is injured while unsuccessfully trying to prevent a kidnapping. **4.00** 20/20. The team investigate the death of a naval microbiologist. (S6)
5.00 **Fringe** 2/13. The team revisit Walter's Harvard lab. **6.00** 3/13. The team end up in the forest home of a strange race of people. (S5)

5.00 Fringe

7.00 **Fringe** *The Bullet That Saved the World:* 4/13. The freedom fighters cross paths with former boss Phillip Broyles.
8.00 **Fringe** *An Origin Story:* 5/13. A devastating event leads to a change in strategy for the investigation team. (S5)
9.00 **Magnum P.I.** New episode *Birthright:* 7/20. Thomas and Higgins investigate the robbery of an elderly man. (S5)
10.00 **The Blacklist** New episode *The Freelancer (No145): Part Two:* 7/22. Ressler hits a personal milestone. (S10)
11.00 **Rob & Romesh vs Crufts**
12.00 M'T **Then You Run** 5/8. Ruth and Nessi seek out a police station where they can confess all. (S1)
1.00 AM **Road Wars**
2.00 **Caught on Dashcam**
4.00 **Sun, Sea and A&E**
5.00 **to 6.00** AM **Stop, Search, Seize**

ITV2

118 118 816 115 6 113

6.00 AM **World's Funniest Videos**
6.35 **Totally Bonkers Guinness World Records**
7.00 **Secret Crush**
10.00 **Dress to Impress**
12.00 NOON **In for a Penny**
12.35 PM FILM **Harry Potter and the Prisoner of Azkaban** Adventure sequel starring Daniel Radcliffe. (2004, PG, 142min) ★★★★★
3.20 FILM **Harry Potter and the Goblet of Fire** Fantasy adventure sequel. (2005, 12, 157min) ★★★

6.15 The Order of the Phoenix

6.15 FILM **Harry Potter and the Order of the Phoenix** Fantasy adventure sequel starring Daniel Radcliffe, Rupert Grint and Emma Watson. Harry Potter clashes with a tyrannical new teacher. (2007, 12, 132min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **Love Island: The Reunion** New edition The cast of this summer's *Love Island* reunite for one night as Maya Jama is joined by Indiyah Polack and Sam Thompson.
10.35 **Family Guy** 6/21. Lois displays an unexpected skill as a boxer. (S9)
11.00 **Family Guy** 3/21. Brian has a political change of heart. (S9)
11.30 **American Dad!** (S10)
12.25 AM **All American** 11/20. Billy finds inspiration from an unlikely source. (S4)
1.15 **Iain Stirling's CelebAbility**
2.00 **to 3.00** AM **Plebs**

+1 hour 218 315 29 114

ITV3

119 119 817 117 10 115

6.00 AM **Never the Twain**
6.40 **A Touch of Frost**
11.10 FILM **Carry On Abroad** Comedy starring Sid James. (1972, PG, 89min) ★★
12.55 PM **Doc Martin** 2/8. (S8)
1.55 **Agatha Christie's Marple** *Greenshaw's Folly:* A killer strikes at a country house. **3.55** *Endless Night:* A couple build a home on cursed land.
5.55 **Rosemary & Thyme** *Up the Garden Path:* A garden contest leads to a murder of the reigning champion.

9.00 Silk Road Adventure

7.00 **Rosemary & Thyme** *In a Monastery Garden:* A murder takes place at the monastery where the sleuths are working.
8.00 **Judi Dench's Wild Borneo Adventure** 1/2. The actor embarks on a trip of a lifetime to Malaysian Borneo.
9.00 **Joanna Lumley's Silk Road Adventure** 3/4. As her journey continues, Joanna travels to the Islamic Republic of Iran.
10.00 **Endeavour** *Canticle:* 2/4. The detective investigates a series of deaths which seem to be connected to a campaign. (S4)
11.55 **Upstairs, Downstairs** (S3)
1.00 AM **The Royal** *Home from the Hill:* A shooting takes place. **2.00** *Pastures New:* A family are struck by a deadly fever.
3.05 **A Touch of Frost**
5.10 **Never the Twain**
5.40 **to 6.00** AM **Unwind with ITV**

+1 hour 219 317 59 116

BBC Scotland

SCOT 115 108 9 106 106
REST OF UK 187 162 110

9.30 AM LIVE **Cycling: World Championships** Coverage of the men's road race on day four.
4.20 PM **This Is BBC Scotland**
7.00 **The Seven**
7.15 **Sportscene: Premiership Highlights** Hibernian v St Mirren.
8.00 **Scotland's Greatest Escape** 4/8. A father and daughter try out three well-being retreats.
8.30 **Rewind 2000s** News stories from 2000.
9.00 **Island Crossings** New edition 3/8. A ferry cancellation jeopardises an order of scallops.
10.00 **Still Game** 3/6. Jack and Victor board a Dial-a-Bus tour. (S4)
10.30 **Two Doors Down** 3/6. Cathy and Colin return from holiday to find they have been burgled. (S3)
11.00 PM **to 12.00** M'T **Seven Days** New edition

Sky Comedy

114/115 112 347 362

8.00 AM **Sort Of** (S1)
10.30 **Bloods** 5/10. (S2)
11.00 **Entourage** (S1&2)
1.30 PM **Will & Grace** (S8)
4.00 **The Conners** (S1)
6.30 **The Office (US)** 16/22. The staff members plan festivities for Valentine's Day. **7.00** 17/22. Dwight is named Dunder-Mifflin's salesman of the year. **7.30** 18/22. Michael strikes up a peculiar new friendship with a girl. **8.00** 19/22. Michael takes the staff ice-skating for his birthday. **8.30** 20/22. Dwight finds marijuana in the company car park. (S2)
9.00 **And Just Like That...**
10.00 **Divorce** 7&8/10. (S1)
11.15 **Ricky Gervais Live: Animals** Stand-up show.
12.45 AM **Breeders** (S1)
1.15 **How to Make It in America** 3-5/8. (S1)
3.10 **Sort Of** 1/8. (S1)
3.40 **to 5.00** AM **Veep**

Sky Arts

130/131 140 123 11 147 365

6.00 AM **Arts Uncovered**
6.10 **Kipps: The New Half a Sixpence Musical**
8.30 **Tales of the Unexpected**
11.00 **The Joy of Painting**
12.00 NOON **Master Crafters: The Next Generation**
1.00 PM **Discovering**
2.00 **Wonderland: From JM Barrie to JRR Tolkien**
3.00 **Fleetwood Mac: Live in Boston** From 2004.
5.10 **Genesis: When in Rome**
7.00 **The Joy of Painting**
8.00 FILM **Sherlock Holmes and the Voice of Terror** Mystery. (1942, b/w, U, 65min) ★★
9.20 **Greatest Albums Live**
11.00 **The Great Songwriters**
1.00 AM **Bruce Springsteen's The Promise**
2.50 **Patti Smith: Electric Poet** Documentary.
4.05 **Gil Scott-Heron – Pieces of a Man**
5.05 **Discovering**
5.35 **to 6.00** AM **Video Killed the Radio Star**

Pick

151 135 36 144

6.00 AM **Border Patrol**
8.00 **Highway Patrol**
11.00 **Neighbourhood Blues**
12.00 NOON **The Celebrity Chase** Double bill.
2.00 PM **Border Security: America's Front Line**
4.00 **Highway Cops**
5.00 **Motorway Patrol**
6.00 **Caught Red Handed**
8.00 **911 Crisis Centre**
9.00 **Mark of a Serial Killer** A vicious killer who leaves his victims almost unrecognisable.
10.00 **World's Most Evil Killers** A murderer who kept eyes as trophies.
11.00 **Forensics: Catching the Killer** Evidence that helped piece together what happened to 15-year-old Karen Price.
12.00 M'T **Killer in My Village**
1.00 AM **Brit Cops: Frontline Crime UK**
2.00 **Motorway Patrol**
4.00 **to 6.00** AM **Border Patrol**

ITV Be

131/132 119 28 119

7.00 AM **The Real Housewives of Atlanta**
8.00 **Masters of Flip**
9.00 **LittleBe**
12.00 NOON **Sugar Showdown**
12.25 PM **Masters of Flip**
1.25 **The Real Housewives of Orange County**
6.00 **Celebrity Dinner Date**
7.00 **Gino's Italian Family Adventure** 1/7. Gino D'Acampo explores the roots of his passion for food, starting in Sardinia. **7.30** 2/7. Gino and his son head to Naples.
8.00 FILM **27 Dresses** Comedy starring Katherine Heigl. (2008, 12, 106min) ★★★★
10.10 **The Real Housewives of Miami** New edition The ladies try to put the drama behind them.
11.05 **For Real: The Story of Reality TV**
12.05 **to 1.00** AM **Bridezillas**

+1 hour 319 58

GREAT! tv

157 170 50 142

6.00 AM **Diagnosis Murder**
11.00 **Murder, She Wrote**
1.00 PM **Murder, She Wrote** Eight episodes of the mystery, including at: **6.00** *The Dead File:* a The artist of a libellous comic strip is murdered. **7.00** *Night of the Coyote:* A Wild West showman is murdered. **8.00** *Sugar & Spice, Malice & Vice:* Jessica sets out to clear the name of an old friend.
9.00 **A Very Foul Play: An Aurora Teagarden Mystery** Crime drama starring Candace Cameron Bure.
10.45 **The Disappearing Game: An Aurora Teagarden Mystery** Crime drama starring Candace Cameron Bure.
12.30 AM **Castle** (S5)
3.00 to 3.50 AM **Return of the Saint**

+1 hour 257 62 143

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 120 818 118 26 117

6.00 AM **Motorsport Mundial**
6.30 **Auto Mundial**
7.00 **Motorsport UK**
8.00 **British Touring Car Championship Highlights**
9.30 **Extreme E: Electric Odyssey**
10.05 **Minder**
11.05 **Lost Car Rescue** New editions
12.55 PM **FILM Rio Lobo** Howard Hawks' Civil War Western adventure with John Wayne. (1970, PG, 110min) ★★★
3.30 **LIVE Racing: Sky Bet Sunday Series** Coverage from Haydock Park.

9.15 Rambo: First Blood Part

7.05 **FILM The Magnificent Seven Ride!** Western sequel starring Lee Van Cleef and Stefanie Powers. A gunfighter is asked to help defend a Mexican town under siege by bandits. (1972, PG, 100min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.15 **FILM First Blood** Action adventure starring Sylvester Stallone. A Vietnam veteran runs foul of small-town cops and triggers off a full-scale manhunt. (1982, 15, 93min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.05 **FILM Death Wish 4: The Crackdown** Action thriller sequel with Charles Bronson, Kay Lenz and John P Ryan. (1987, 18, 96min) ★
1.15 AM **Minder**
2.15 **The Protectors**
2.50 **to 3.00** AM **Unwind with ITV**

+1 hour 220 318 60 118

Sky Sci-Fi

139/140 836 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Quantum Leap** Five episodes of the drama, including at:
3.00 PM 22/22. In the last-ever episode, Sam materialises as himself. (S5)
4.00 **Star Trek: Voyager** 20/26. Janeway receives a strange offer. With Jason Alexander.
5.00 21/26. A runaway toxic waste freighter threatens to pollute the quadrant.
6.00 22/26. Seven develops her dating skills. (S5)

10.45 2021: War of the Worlds

7.00 **Star Trek: Voyager** *11.59:* 23/26. Janeway relates the tale of her pioneering ancestor.

8.00 **Star Trek: Voyager** *Relativity:* 24/26. The crew of a time ship from the future recruit Seven of Nine. (S5)

9.00 **FILM Megalodon Rising** Disaster movie starring Wynter Eddins. Warships are sent to destroy a monstrous shark. (2021, 15, 83min) ★
SEX ●●● VIOLENCE ●●● LANG ●●●

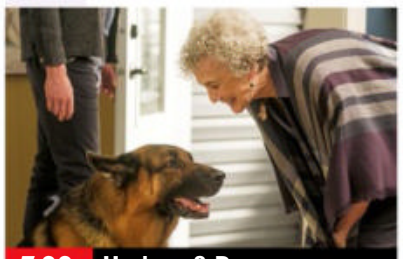
10.45 **FILM 2021: War of the Worlds** Sci-fi thriller. (2021, PG, 78min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.30 AM **Monstrous** *Rumours:* 3/6. Yong-joo suggests the people were infected by the virus in the black rain.
1.20 *Talisman:* 4/6. Yong-joo keeps provoking the governor to separate the infected from the others. Subtitled. (S1)
2.10 **The Outpost** 10-12/13. (S3)
5.00 **to 6.00** AM **Most Haunted**

Alibi

109/110 809 114 343 358

7.10 AM **Murdoch Mysteries** (S3)
10.00 **Death in Paradise** (S4&5)
2.00 PM **Inspector George Gently** *Peace and Love:* An academic is found dead following a nuclear disarmament rally.
4.00 **Frankie Drake Mysteries** 3/10. Mary realises a radio drama in which she has a role in is a cover for a heist.
5.00 4/10. Donations are taken from an orphanage. (S2)
6.00 **The Coroner** 10/10. A woman dies in the build-up to a Latin dance festival. (S1)


7.00 Hudson & Rex

7.00 **Hudson & Rex** New episode *The Miranda Act:* 13/20. Charlie's aunt investigates an investment fraud scheme.

8.00 **Hudson & Rex** New episode *Rexit Stage Left:* 14/20. A starlet is killed onstage during a preview performance. (S5)

9.00 **Death in Paradise** *Beyond the Shining Sea:* 5/8. Part one of two. The murder of a festival queen is investigated. (S8)

10.00 **Death in Paradise** *Arriving in Paradise:* 1/8. First episode of the Caribbean detective drama starring Ben Miller. (S1)

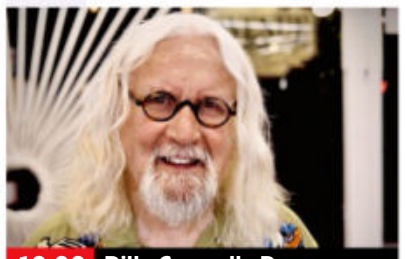
11.00 **Evil** 2/13. David is recruited by LeConte, an agent of the 'Entity', and assigned to visit a dying Chinese national and administer his last rites. (S3)
12.00 M'T **The Coroner** As 6.00pm.
1.00 AM **Murdoch Mysteries** (S3)
2.50 **to 4.00** AM **Limetown**

+1 hour 209/210 314

GOLD

110/111 110/111 124 344 359

7.30 AM **Citizen Khan**
8.40 **Only Fools and Horses**
12.40 PM **Only Fools and Horses** Nine episodes, including at:
4.00 PM Del persuades gullible Denzil to lend him his redundancy money.
4.40 Christmas special from 1986. Rodney starts dating an aristocrat's daughter.
6.00 Uncle Albert has a nasty fall into the cellar at the pub.
6.40 Rodney aspires to be a pop star, but Del Boy manages to ruin his chances.


10.00 Billy Connolly Does...

7.20 **Dad's Army** Mainwaring's men pose as traitors to see how the locals would deal with Nazi infiltrators.

8.00 **Only Fools and Horses** The Trotters dog-sit for Boycie and Marlene.
8.40 Del pays a stripper to attend a party at the Nag's Head with Rodney.

9.20 **The Vicar of Dibley** The villagers prepare for the local council elections.

10.00 **Billy Connolly Does...** Billy explains that when it comes to culture, for him, anything goes.

11.00 **The Office** Jennifer from head office arrives bearing bad news – the Slough and Swindon branches are to be merged.
11.40 **Upstart Crow** Double bill.
1.00 AM **Billy Connolly Does...**
2.00 **The Office** As 11.00pm.
2.40 **to 4.00** AM **Upstart Crow**

+1 hour 210/211 324

Dave

111/112 127 19 157

7.10 AM **Yianni: Supercar Customiser** Double bill.
8.00 **Rick Stein's Long Weekends**
9.00 **Abandoned Engineering**
11.00 **Top Gear** Triple bill.
2.00 PM **Repair Lot** The crew fix the fuel system of a Dodge Charger and build a bespoke cage for a VW Beetle.
3.00 **Australian Ninja Warrior**
6.00 **Repair Lot** New edition A Mini that is a star on social media has dodgy suspension, and the team also tackle a Jaguar that can't steer or brake.

6.00 Repair Lot

7.00 **Border Force: America's Gatekeepers** A 12-year-old boy claims that his mother has been kidnapped by the cartels.

8.00 **QI XL** Guests Aisling Bea, Holly Walsh and Nikki Bedi join regular panellist Alan Davies and host Sandi Toksvig.

9.00 **Have I Got a Bit More News for You** Adil Ray hosts the satirical quiz, with Richard Osman and Jess Phillips MP.

10.00 **Secrets of the Apollo** Comedians share their memories of performing on *Live at the Apollo*.

11.00 **QI XL** Josh Widdicombe, Cariad Lloyd and Paul Sinha join regular panellist Alan Davies, as questionmaster Sandi Toksvig considers various phenomena.
12.00 M'T **Red Dwarf** Triple bill.
2.00 **to 4.00** AM **Hurricane Man**

+1 hour 211 327 57

Sunday

7 PM

8 PM

9 PM

10 PM

4seven

137/138 143 49 127

9.00 AM **Four in a Bed**
1.00 PM **Four in a Bed**
2.00 **A Place in the Sun: Home or Away**
3.00 **A Place in the Sun**
5.00 **A Place in the Sun: Home or Away**
6.00 **A Place in the Sun** A hunt for a holiday home in the coastal town of Nerja in Spain.
7.00 A couple search for their dream holiday home in Benalmadena.
8.00 **The Dog House** Funeral workers Amy and Alex want to rescue a dog.
9.00 **Celebrity Gogglebox**
10.00 **999: On the Front Line** Paramedics treat a man who has been stabbed in the leg and the head.
11.05 **Alone** Survival series.
12.05 AM **24 Hours in A&E**
1.10 **Sky Coppers**
2.15 **Levison Wood: Walking With**
3.15 **The Dog Academy**
4.10 **to 4.40** AM **Four in a Bed**

5USA

141/169 120/162 21 129

9.00 AM **Entertainment News**
9.15 **Columbo** Triple bill.
2.55 PM **Columbo** *Identity Crisis:* A CIA operative murders one of his fellow spies to disguise his own treachery.
4.55 *Uneasy Lies the Crown:* A dentist plans to poison his wife's lover and make it look like she killed him.
6.55 *Prescription: Murder:* A psychiatrist has the perfect alibi for murdering his wife.
9.00 **NCIS** *Devil's Triad:* 10/24. The team investigate the murder of a Marine. (S11)
10.00 **Law & Order: Special Victims Unit** 3&4/24. Double bill. (S19)
11.55 **NCIS** 12&13/24. (S14)
1.50 AM **Law & Order** (S7)
3.35 **to 4.00** AM **999: Criminals Caught on Camera**

+1 hour 241 320 130

5STAR

128/129 126 32 131

8.00 AM **Nightmare Tenants, Slum Landlords**
1.00 PM **Traffic Cops**
5.00 **Police Interceptors** A drink-driver damages one of the team's cars.
6.00 Jason heads to a party that has turned into a full-blown riot.
7.00 A suspect puts Gary's life in danger, and officers are called to a pub brawl.
8.00 Scott and Dave track a pair of mobile-phone thieves.
9.00 **FILM Non-Stop** Action thriller starring Liam Neeson. (2014, 12, 106min) ★★★★
11.10 **FILM Max Payne** Crime thriller. (2008, 15, 99min) ★★★
1.05 AM **A&E After Dark**
2.05 **GPs: Behind Closed Doors** Documentary.
2.55 **to 3.00** AM **Entertainment News**

+1 hour 228/229 326 141

5Action

150 130 33 132

9.00 AM **Trucking Hell**
10.00 **WWE SmackDown Highlights** Wrestling.
11.00 **WWE Raw Highlights**
12.00 NOON **World's Deadliest Weather: Caught on Camera**
2.00 PM **FILM Tall Man Riding** Western. (1955, U, 90min) ★★
3.50 **FILM McLintock!** Comedy starring starring John Wayne. (1963, U, 127min) ★★★
6.20 **FILM The Hunt for Red October** Cold War suspense thriller starring Sean Connery and Alec Baldwin. (1990, PG, 135min) ★★★★
9.00 **FILM Lethal Weapon 4** Thriller sequel starring Mel Gibson. (1998, 15, 128min) ★★★
11.35 **FILM Tremors** Witty monster chiller. (1990, 15, 96min) ★★★★
1.40 AM **Outback Truckers**
2.50 **to 3.00** AM **Entertainment News**

W

132/133 827 125 25 156

6.10 AM **Tipping Point**
12.00 NOON **Wife Swap USA** New editions Triple bill.
3.00 PM **My Family**
5.00 **Miranda** Triple bill.
7.00 **Nurses on the Ward** Caroline treats stroke patient Maureen
8.00 **Inside the Operating Theatre** A man finds out if he needs heart surgery.
9.00 **Stacey Dooley Sleeps Over: Family and Me** Stacey reflects on whether becoming a mother has changed her perspective.
10.00 **Killer Women with Piers Morgan** A woman who killed her lover's wife.
11.00 **Stacey Dooley Sleeps Over** Stacey meets a 70-year-old dominatrix.
12.00 M'T **Life and Birth**
1.30 AM **Lives on Fire**
2.20 **to 3.00** AM **Rachel's Kitchen Notebook: Cosmopolitan Cook**

+1 hour 232/233 325

Drama

143 116 20 158

7.10 AM **The Bill**
12.00 NOON **Last of the Summer Wine**
12.40 PM **David Copperfield**
4.40 **Catherine Cookson's Tilly Trotter** Drama starring Carli Norris.
6.40 **Call the Midwife** 1/8.Controversial plans are afoot to introduce a private clinic to Nonnatus House. (S19)
8.00 **Jonathan Creek** *Daemons' Roost:* The consulting detective helps an old acquaintance get to the bottom of a mystery from her past revolving around her family's foreboding home.
10.00 **Death in Holy Orders** 2/2. The death toll at St Anselm's theological college continues to rise. Stars Martin Shaw.
12.00 M'T **Taggart**
2.45 **to 4.00** AM **Walter's War**

+1 hour 243 316 60

Really
142 128 17 160

6.00 AM **Fantasy Homes by the Sea** From Norfolk.
7.00 **Teleshopping**
8.00 **Fantasy Homes by the Sea** Double bill.
10.00 **A Place in the Sun**
3.00 PM **Hotel Inspector**
4.00 **Celebrity Antiques Road Trip** Triple bill.
7.00 **The Yorkshire Auction House** A woman wants to get rid of thousands of her husband's comics.
8.00 **Dr Pimple Popper** A man who lost confidence due to a large growth.
9.00 **The Bad Skin Clinic** A woman who developed huge open wounds on her face.
10.00 **Living Without Arms: Body Bizarre**
11.00 **The Dead Files**
12.00 M'T **Death Walker with Nick Groff**
1.00 AM **Ghost Adventures**
2.00 **Teleshopping**
4.00 **to 6.00** AM **Fantasy Homes by the Sea**

Challenge
145 139 48 146

7.00 AM **Scrapheap Challenge Roadshow: Welly Wanging**
8.00 **Scrapheap Challenge**
10.00 **Bullseye** Four editions.
12.00 NOON **Family Fortunes**
1.00 PM **Dickinson's Real Deal** From Liverpool.
2.00 **Play Your Cards Right** Double bill of the game show with Bruce Forsyth.
3.00 **Lily Savage's Blankety Blank** Triple bill of the comedy quiz show.
5.00 **Tenable** A team from London tackle questions about top 10 lists. **6.00** Five friends from Birmingham take part.
7.00 **The Chase** Double bill of the quiz show hosted by Bradley Walsh.
9.00 **The Celebrity Chase** With guests Natalie Anderson, Patsy Kensit, Esther Rantzen and Brian McFadden.
10.00 PM **to 6.00** AM **The Chase**

GREAT! action
323 426 42 305

6.00 AM **FILM Earthfall** Thriller. (2015, 12) ★★
8.00 **The Blitz on Coventry**
9.05 **Battle Honours**
10.15 **FILM The Red Baron** Action drama. (2008, 12, 128min) ★★★
12.20 PM **FILM Trouble in the Sky** (1960, U) ★★
2.15 **FILM Two-Headed Spy** (1958, b/w, PG) ★★
4.10 **FILM The Victors** Drama. (1963, b/w, PG, 186min) ★★
7.15 **FILM Don't Panic Chaps** Comedy. (1959, b/w, PG, 84min) ★★★
9.00 **FILM The Art of War II: Betrayal** Thriller sequel starring Wesley Snipes. (2008, 15, 103min) ★★
11.05 **FILM Vendetta** Thriller. (2013, 18, 106min) ★★
1.15 AM **FILM Hitman: Redemption** Thriller. (2019, 15) ★★★
3.20 **to 4.00** AM **Wild West Chronicles**
+1 hour 324

GREAT! movies
321 425 34 302

9.00 AM **FILM My Terrorized Teen** (2021, PG) ★★
10.50 **FILM Kill Thy Neighbour** Thriller. (2018, 12) ★★
12.40 PM **FILM Campus Caller** Thriller. (2016, 12, 90min) ★★
2.30 **FILM Krull** Fantasy. (1983, PG) ★★★
4.55 **FILM Last Airbender** Adventure. (2010, PG, 103min) ★★
7.00 **FILM Chinese Zodiac** Adventure. (2012, 12, 118min) ★★
9.00 **FILM Zombieland** Horror comedy. (2009, 15, 84min) ★★★★
10.50 **FILM Bandidas** Western. (2006, 12, 92min) ★★
12.40 AM **FILM A Friend's Obsession** Thriller. (2018, PG, 90min) ★★
2.30 **FILM Campus Caller** Crime thriller. (2016, 12, 90min) ★★
4.20 **to 6.00** AM **FILM Black Widow** (2007, PG) ★★
+1 hour 322 61

GREAT! romance
319 424 52 303

6.00 AM **FILM Under the Autumn Moon** Comedy. (2018, PG, 86min) ★★
8.00 **FILM Love Takes Flight** Drama. (2019, PG) ★★
10.00 **FILM A Picture Perfect Wedding** (2021) ★★
12.00 NOON **FILM The Last Bridesmaid** Drama. (2019, PG, 90min) ★★
2.00 PM **FILM Irresistible Blueberry Farm** Drama. (2016, PG, 90min) ★★
4.00 **FILM Paris, Wine and Romance** (2019) ★★
6.00 **FILM Love, Take Two** Drama. (2019, PG) ★★
8.00 **FILM Love Locks** Drama. (2017, PG, 90min) ★★
10.00 **FILM Tell Me I Love You** Romantic comedy. (2020, PG, 78min) ★★
12.05 AM **FILM Blueprint to the Heart** (2020) ★★
1.35 **FILM Moonlight in Vermont** (2017, PG) ★★
3.05 **to 4.00** AM **Highway to Heaven**
+1 hr 320 63 304

Legend
148 149 41 137

7.00 AM **World's Most Unexplained...**
8.00 **FILM Arctic Apocalypse** Disaster movie. (2019, PG, 90min) ★
9.50 **Legend Lowdown**
10.00 **Star Trek: Deep Space Nine** 8-12/26. (S2)
3.00 PM **FILM Earthfall** Thriller. (2015, 12) ★★
4.50 **FILM Terror Peak** Disaster drama. (2003, PG, 96min) ★
6.50 **FILM Grendel** Fantasy. (2006, 12, 82min) ★
8.30 **The Twilight Zone** (S1)
9.00 **FILM The Mole People** Chiller. (1956, PG) ★
10.30 **FILM Tarantula!** Sci-fi monster thriller. (1955, b/w, PG, 77min) ★★★
12.05 AM **Legend Lowdown**
12.15 **FILM Memorial Day** Drama. (2011, 15) ★★
2.20 **FILM Executive Command** Thriller. (1997, 15, 95min) ★★
4.15 **to 4.30** AM **Legend Lowdown**

DMAX
172 169 38 150

6.00 AM **Kindig Customs**
8.00 **Speed is the New Black**
9.00 **Goblin Works Garage**
10.00 **Jade Fever**
12.00 NOON **Yukon Gold**
3.00 PM **Aussie Gold Hunters**
5.00 **Life Below Zero**
6.00 **Gem Hunters Down Under** Documentary.
7.00 **Expedition Bigfoot**
8.00 **NASA's Unexplained Files** How Apollo 12 astronauts brought something unexpected back from the moon.
9.00 **These Woods Are Haunted** Documentary.
10.00 **Portals to Hell**
11.00 **Body Bizarre**
12.00 M'T **Monsters Inside Me**
1.00 AM **Ed Stafford: First Man Out**
2.00 **Teleshopping**
4.00 **Insane Pools: Off the Deep End**
5.00 **to 6.00** AM **Baggage Battles**
+1 hour 258 369

Food Network
140/141 190 43 148

6.00 AM **Diners, Drive-Ins and Dives** Four editions.
8.00 **Kids Baking Championship** New editions
12.00 NOON **Zoe Bakes**
1.00 PM **James Martin's American Adventure**
3.00 **Great British Bake Off**
8.00 **Rachel Allen's Cake Diaries** Double bill.
9.00 **Jamie's Comfort Food** Sticky toffee pudding. **9.30** Spaghetti vongole.
10.00 **Mystery Diners**
11.00 **Summer Baking Championship** New edition The bakers make desserts inspired by Barbie. **12.00** M'T Series finale The three finalists are challenged to make amusement park treats.
1.00 AM **Diners, Drive-Ins and Dives** Double bill.
2.00 **to 3.00** AM **Donal's Meals in Minutes**
+1 hour 240/241 149

Comedy Central
112/113 132 345 360

8.00 AM **Bob's Burgers** (S11)
8.35 **Digman!** (S1)
9.00 **Friends** (S9&10)
1.15 PM **Friends** (S10)
7.00 **FILM HouseSitter** Romantic comedy with Steve Martin and Goldie Hawn. (1992, PG, 102min) ★★★
9.00 **FILM Wayne's World** Comedy spin-off starring Mike Myers and Dana Carvey. (1992, PG, 95min) ★★★★
11.00 **Michael McIntyre: Live & Laughing**
12.00 M'T **Al Murray: The Pub Landlord – Live at the Palladium**
1.50 AM **Kevin Bridges: A Whole Different Story**
2.50 **Digman!** (S1)
3.15 **South Park** (S10)
4.05 **Beavis and Butt-Head**
4.15 **to 5.00** AM **Naughty Toddlers Caught on Camera**
+1 hour 212/213 332

Comedy Cen. Extra
127/128 154

6.00 AM **Joel & Nish vs the World** From Tahiti.
7.00 **Teleshopping**
9.00 **The Middle**
3.00 PM **Becker** (S6)
7.00 **Friends** 7/24. Phoebe fails to impress her boyfriend's parents. **7.30** 8/24. Rachel's sister Amy joins the gang for Thanksgiving. **8.00** 9/24. Rachel gives a handsome restaurant patron her number. **8.30** 10/24. Chandler gets stuck in Tulsa. (S9) **9.00** 3/20. Ross tries a spray-on tan. **9.30** 4/20. Emma's first birthday arrives. **10.00** 5/20. Rachel's clueless sister offers to babysit Emma. (S10)
10.35 **Friends** (S10)
2.20 **Last Man Standing**
3.15 **The Middle** (S2)
3.40 **Ugly Americans** (S1)
5.15 **to 6.00** AM **Funniest Adverts on the Planet**

Blaze
164 174 64 162

6.00 AM **Swamp People**
6.50 **Lost Relics of the Knights Templar**
7.50 **UFOs Declassified**
8.45 **UFOs: Secret Missions Exposed** Cover-ups.
9.45 **The Phenomenon**
12.00 NOON **The UnXplained with William Shatner**
4.00 PM **Strange Evidence**
6.00 **America's Greatest Prison Breaks**
8.00 **Alcatraz Escape: The Lost Evidence** America's most notorious cold case.
10.00 **Weird or What? with William Shatner** Blood-curdling curses.
11.00 **Paranormal: Caught on Camera**
12.00 M'T **Swamp People**
1.00 AM **Court Cam**
2.00 **Hardcore Pawn**
3.00 **Wicked Tuna: North v South** Double bill.
5.00 **to 6.00** AM **Irish Pickers**
+1 hour 81

5SELECT
153 138 46 133

9.00 AM **GPs: Behind Closed Doors** Triple bill.
12.00 NOON **The Yorkshire Vet** Double bill.
2.00 PM **Our Yorkshire Farm**
8.00 **The Divine Judi Dench: Our National Treasure** A profile of the actress, tracing her life from her strict Quaker upbringing to her breakthrough in acting and the stellar career that followed.
9.30 **Victoria Wood: All the Laughs & More** A look back at one of Britain's best loved comedians, featuring interviews with Jo Brand, Jenny Eclair and Gyles Brandreth.
11.35 **Harry & Meghan: What Next?** A look at what the future holds for the Duke and Duchess of Sussex.
1.00 AM **Secrets of the Royal Palaces**
2.00 **to 3.00** AM **Inside the Tower of London**

HGTV
158 191 44 166

7.00 AM **My Lottery Dream Home** Six editions.
10.00 **Building the Dream**
3.00 PM **A Place in the Sun** Five editions of the series, including at: **5.00** A London couple look for a property in Orihuela Costa, Spain. **6.00** A couple want to enjoy their retirement in the town of Estepona. **7.00** Searching for properties in southern Alicante in Spain.
8.00 **Barbie Dreamhouse Challenge** Keith Bynum and Evan Thomas add a giant feature to the front exterior to compete with Brian and Mika Kleinschmidt's backyard pink party pad.
9.00 **A Place in the Sun** Four editions of the series.
1.00 AM **First Time Fixer**
2.00 **to 4.00** AM **Building the Dream**
+1 hour 272 391 151

RealityXtra
147 172 68 134

9.00 AM **Medical Detectives**
12.00 NOON **Forensics**
2.00 PM **Medical Detectives**
5.00 **Judge Judy** Back-to-back real-life cases, including at: **8.45** A woman claims she suffered harassment from her husband's ex-wife. **9.10** A fight between three women in a pool leaves ex-friends with multiple contusions. **9.35** After being choked by the father of her child, a woman files a restraining order. **10.00** Lovers who met on the internet move in together as quickly as they move out amid accusations of cheating.
10.25 **Judge Judy**
12.05 AM **World's Most Unexplained...**
1.00 **Psychic Private Eyes**
4.00 **Forensics** Double bill.
5.35 **to 6.00** AM **Judge Judy**

TLC
133/134 828 165

7.00 AM **Say Yes to the Dress: Lancashire**
8.00 **Say Yes to the Dress**
9.00 **Say Yes... UK**
10.00 **Flip or Flop**
11.00 **Rock the Block**
12.00 NOON **My Lottery Dream Home**
1.00 PM **My 600lb Life**
3.00 **Dr Pimple Popper**
4.00 **The Bad Skin Clinic**
5.00 **Sister Wives**
6.00 **Brother Vs. Brother**
7.00 **Good Bones** Mina and Karen rush to complete a three-storey build for their producer's family.
8.00 **Dr Pimple Popper**
12.00 M'T **My Baby Has Two Heads: Body Bizarre**
1.00 AM **Extreme Cheapskates**
2.00 **The Bad Skin Clinic**
3.00 **My Baby Has Two Heads: Body Bizarre**
4.00 **Extreme Cheapskates**
5.00 **to 6.00** AM **Good Bones**
+1 hour 233/234 365

HorrorXtra
317 171 69 138

8.00 AM **FILM Robot Overlords** Family sci-fi adventure. (2014, 12, 90min) ★★★
10.00 **FILM King Arthur's Sword** Adventure. (2017, PG, 85min) ★★
12.00 NOON **FILM Premonition** Thriller with Casper Van Dien. (2004, 15, 90min) ★★
2.00 PM **FILM Independence Daysaster** Sci-fi thriller starring Ryan Merriman. (2013, PG, 90min) ★
4.00 **Battlestar Galactica**
9.00 **FILM The Shed** Horror, starring Jay Jay Warren, Frank Whaley and Timothy Bottoms. (2019, 15, 98min) ★★
11.00 **FILM The House of the Devil** Horror thriller with Jocelin Donahue and Tom Noonan. (2009, 18, 95min) ★★★
12.55 **to 3.00** AM **FILM The Shed** As 9.00pm.
+1 hour 318 371 139

Sky Replay
152 156

7.00 AM **Four Weddings**
10.00 **Warehouse 13** (S2)
6.00 **Warehouse 13** *Secret Santa:* 13/13. Pete and Myka hunt down an evil Santa Claus. (S2) **7.00** *The New Guy:* 1/13. Two people linked to the same hotel are killed. (S3)
8.00 **Send in the Dogs** Two of Britain's leading police spaniels are put to the test by the Metropolitan Police dog unit. **9.00** PC Whitaker and Roscoe tackle a man who is armed with a knife.
10.00 **From** *Tether:* 3/10. Kenny and Ellis make a grisly discovery. **11.00** *This Way Gone:* 4/10. Sara's return places Boyd in a difficult position. (S2)
12.00 M'T **UK Border Force**
3.55 AM **Four Weddings**
4.45 **to 6.00** AM **All Hail King Julien**

E!
159 159 835 160

7.00 AM **Rich Kids of Beverly Hills**
1.00 PM **Botched** Six editions, including at: **4.00** A woman with a mutated backside. **5.00** Help for a woman whose face was disfigured in an accident. **6.00** Terry and Paul salvage a man's nose.
7.00 **Keeping Up with the Kardashians** Rob and Chyna get into a fight. **8.00** The family head to San Diego. **9.00** Kendall suffers from sleep paralysis. **10.00** Kim's decision to have a third child is a matter of life and death. **11.00** Rob and Chyna's latest fight ruins their baby shower.
12.00 M'T **Hollywood & Football** Double bill.
2.00 AM **Teleshopping**
3.00 **to 5.00** AM **Celebrity Game Face**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 823 177 320 325

6.00 AM **Wheeler Dealers**
8.00 **Kindig Customs**
12.00 NOON **Building Off the Grid** Six editions, including at: **3.00** PM A group of off-grid-living enthusiasts build a 300-sq-ft bungalow. **4.00** A father-son duo builds an off-grid home in Montana's Flathead Valley. **5.00** A house overlooking the plains of Colorado.
6.00 **Gold Divers** Questionable calls by Kris brings the *Mistress* to her breaking point.

8.00 This Is Mark Rober

7.00 **Moonshiners: Master Distiller** New edition Three notorious shiners take on the ultimate hard times challenge.
8.00 **This Is Mark Rober** New edition Mark jumps out of an aeroplane in order to become a flying human squirrel.
9.00 **Walking the Himalayas** Levison Wood is reunited with a man who saved him and joins pilgrims going to India's holiest city.
10.00 **Street Outlaws** It is the first-ever Street Wars where the fastest drivers from each race this season come back for a big-money challenge.
12.00 M'T **Naked and Afraid** A homesteader and a military veteran take on Florida's brutal black water swamp. **1.00** AM All-stars Suzanne and Wes fight the elements.
2.00 **Naked and Afraid**
4.00 **to 5.00** AM **How It's Made**

+1 hour 225/226 377

Animal Planet

162 178

8.00 AM **Animal Cribs**
9.00 **Dodo Heroes**
10.00 **Dogs 101** How different breeds of dogs behave.
11.00 **Alaska: Homestead Rescue**
12.00 NOON **Animal Cribs**
1.00 PM **Dodo Heroes**
2.00 **Project Grizzly** Double bill.
4.00 **Bad Dog!** A dog tears up the house and the backyard.
5.00 **Alaska: Homestead Rescue** A wildfire prompts Marty to create an evacuation ark.
6.00 **Animal Cribs** A family create a special space for their animals.

8.00 Brave the Wild

7.00 **Dodo Heroes** The work of the Sheldrick Wildlife Trust, who rescue baby animals in Kenya.
8.00 **Coyote Peterson: Brave the Wild** The elusive wobbegong sharks. **8.30** The saltwater and freshwater crocodile.
9.00 **Tanked** Baseball legend Pete Rose wants Riverfront Stadium transformed into an aquarium.
10.00 **Alaskan Bush People** A storm hits the island, threatening the Browns' safety as they look for an addition to Browntown.
11.00 **Wildest Islands of Indonesia** How creatures have learnt to thrive in the most powerful rainstorms on the planet.
12.00 M'T **Wildest Europe**
1.00 AM **Alaskan Bush People**
2.00 **Bad Dog!** As 4.00pm.
3.00 **Alaska: Homestead Rescue**
4.00 **to 5.00** AM **Animal Cribs**

+1 hour 262 378

Nat Geographic

129/130 825 183

8.00 AM **Bid & Destroy**
8.30 **Lords of War**
9.00 **Car S.O.S** Seven editions of the series, including at: **3.00** PM The boys pick up a 1978 JCB digger belonging to a former carpenter.
4.00 **Britain's Greatest Machines with Chris Barrie** The technology of the 1960s. **5.00** How trains have changed British society.
6.00 **Lost on Everest** A team of climbers search for the body of a missing 1920s explorer.

7.00 World's Greatest Train...

7.00 **World's Greatest Train Journeys from Above** Following the Darjeeling Himalayan Railway.
8.00 NEW **Bombing Pompeii** Exploring Pompeii, which was famously felled by Mount Vesuvius' eruption in 79 AD.
9.00 **Air Crash Investigation** The story of Corporate Airlines 5966, which crashed mysteriously in Missouri in 2004.
10.00 **Surviving Maximum Security: Back Inside** Lisa Ling visits California State Prison to uncover what it takes to survive.
11.00 **Trafficked with Mariana Van Zeller** The reporter examines outlaw motorcycle gangs.
12.00 M'T **Banged Up Abroad**
2.00 AM **Money Meltdown**
2.55 **Lords of War** Double bill.
3.45 **Trials of the Wild**
4.10 **to 5.00** AM **Secrets of the Zoo: Keeper Tales**

+1 hour 229/230 383

Sky History

123/124 821 131 353 368

6.00 AM **Curse of the Lost Amazon Gold** Double bill.
8.00 **Ancient Aliens**
10.00 **The Proof Is Out There**
12.00 NOON **Rust Valley Restorers** Six editions, including at: **3.00** PM Mike overhauls a 1955 Belair Wagon. **4.00** Connor enlists Rust Bros on a personal build. **5.00** Mike attempts to end the year on a high note.
6.00 **Viking Dead** Analysing the remains of Viking boats that were filled with dead bodies.

6.00 Viking Dead

7.00 **Walking Through History** Tony Robinson embarks on a five-day expedition along Dorset's Jurassic coast.
8.00 **Walking Through History** Tony Robinson takes 40-mile walk along the Derwent Valley in the Peak District.
9.00 **Instruments of Death** Combat specialists Karl Ude-Martinez and Kevin Hicks test out swords, spears and armour.
10.00 **Forged in Fire** For the first time, judges Ben Abbott, J Neilson and David Baker are thrown into the fire.
11.00 **The UnXplained with William Shatner** The enduring quest to understand the universe.
12.00 M'T **Rust Valley Restorers** Shops get ready to face off at the Hit-to-Pass race.
1.00 **to 6.00** AM **Rust Valley Restorers**

+1 hour 223/224 331

Yesterday

155 155 846 129 27 159

6.10 AM **Classic Soul at the BBC**
7.10 **Rise of the Nazis**
8.00 **The World at War**
12.00 NOON **Great British Railway Journeys** Eight editions.
4.00 PM **Bangers & Cash** A vivid Dutch DAF 66 lands at the North Yorkshire showroom. **5.00** Paul is on a big day out collecting a 1971 Jaguar E-Type and a 1933 Morgan 3-wheeler Supersport. **6.00** Dave picks up a Subaru Impreza and a Ford Escort RS Cosworth from Wales.

8.00 'Allo 'Allo!

7.00 **Bangers & Cash** A rare 1968 Honda N600 car emerges from a lock up in County Durham.
8.00 **'Allo 'Allo!** Rene makes the decision to run for the Spanish border. **8.40** Von Klinkerhoffen orders Edith to marry Captain Bertorelli as a propaganda exercise. **9.20** Rene plans to use an old ice-cream van to rescue the British airmen.
10.00 **Secrets of the London Underground** A visit to a fully-fitted fake London Underground station used to train new employees.
11.00 **Retro Electro Workshop** Shamil buys a 1970s Jukebox in need of repair, and Matt has his work cut out with a collectable Kit Cat clock.
12.00 M'T **Bangers & Cash**
1.00 AM **Classic Soul at the BBC**
2.00 **to 3.00** AM **Forbidden History**

+1 hour 255 329 74

Sunday

7 PM **8 PM** **9 PM** **10 PM**

Quest

144 144 834 137 12 172

6.00 AM **Lost World of the Colosseum** The Roman Empire.
7.00 **Conspiracies Decoded**
8.00 **The Repair Shop**
9.00 **Salvage Hunters: The Restorers** A rare automaton.
10.00 **Who Do You Think You Are?**
11.00 **The Yorkshire Auction House**
1.00 PM **Salvage Hunters**
3.00 **Tom Kerridge Barbecues**
4.00 **The Hairy Bikers Go North**
5.00 **Find It, Fix It, Flog It**
7.00 **Shed and Buried**
8.00 **Salvage Hunters**
9.00 **The Repair Shop**
10.00 **Derelict Rescue**
11.00 FILM **Unforgiven** Clint Eastwood's Oscar-winning Western with Gene Hackman. (1992, 15, 130min) ★★★★★
1.45 AM FILM **Wild Wild West** Western adventure comedy starring Will Smith and Kevin Kline. (1999, 12, 106min) ★
3.45 **Salvage Hunters: Classic Cars Chopped**
4.00 **to 5.00** AM **How It's Made**

+1 hour 244 337 70 168

Quest Red

149 168 40 169

6.00 AM **Say Yes to the Dress**
7.00 **Say Yes to the Dress: Lancashire** Reality series.
8.00 **Say Yes to the Dress**
9.00 **Hoarding: Buried Alive**
11.00 **Long Lost Family Australia**
1.00 PM **Desperate Measures**
3.00 **The Killer in My Family**
5.00 **Say Yes to the Dress: UK**
7.00 **Long Lost Family US** Chris Jacobs and Lisa Joyner team up to find out why a woman was separated from her birth family when she was two.
8.00 **The Murder Tapes** Detectives in Waynesfield, Ohio discover the body of Erin Mulcahy in her shower.
9.00 **Deadly Women** How a young woman who married five times was worried a court case will uncover her as a bigamist.
10.00 **Murder on CCTV** Detectives investigate the murder of Michael Scott in 2017.
11.00 **Forensic Detectives**
2.00 AM **Murder on CCTV**
3.00 **to 4.00** AM **FBI Files**

+1 hour 249 170

CBS Reality

146 148 67 135

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
5.00 **Facing Evil** Four editions.
7.00 **Medical Detectives** The capture of a multiple rapist and murderer after an assaulted victim escaped his clutches. **7.30** A British couple are reported missing by friends. **8.00** Fog on the deadliest highway in America. **8.30** How blood spots linked a woman's death to her husband.
9.00 **Evidence of Evil** The case of the 'M25 Rapist', who triggered one of the biggest manhunts in British history. **10.00** The Pittsburgh police force and the FBI raced against time to locate a missing girl.
11.00 **Injustice with Nancy Grace** A couple are murdered and their bodies found tortured. **12.00** M'T A homicide is found in the ashes of a mansion fire.
1.00 AM **Medical Detectives**
3.00 **Facing Evil** Four editions.
4.40 **to 6.00** AM **Judge Judy**

+1 hour 246 348 136

Sky Crime

122/123 820 121 349 364

6.00 AM **Motorway Patrol**
7.30 **Road Wars**
8.30 **Caught Red Handed**
10.00 **Caught on Dashcam**
11.00 **Britain's Most Evil Killers**
1.00 PM **What the Killer Did Next**
2.00 **World's Most Evil Killers**
3.00 **Killer in My Village**
4.00 **Killing Mum and Dad**
5.00 **World's Most Evil Killers**
7.00 **Forensics: Catching the Killer**
8.00 **How I Caught the Killer**
9.00 **The Cult of the Family** The rise and fall of Australia's most notorious cult – The Family. **10.05** Investigating cult leader Anne Hamilton-Byrne. **11.10** An insider's testimony reveals enough evidence to arrest Anne Hamilton-Byrne.
12.15 AM **Mark of a Serial Killer**
1.05 **Murdered at First Sight**
2.00 **Low Country: The Murdaugh Dynasty**
3.00 **Twisted Killers**
4.00 **Road Wars**
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 222/223 321

PBS America

174 187 84 155

8.00 AM **Beautiful Serengeti**
8.30 **Asteroid Rush**
10.45 **Your Brain** Double bill.
1.00 PM **Hunting for Klaus Barbie**
2.15 **Royal History's Biggest Fibs with Lucy Worsley** How key moments in Britain's history have been manipulated. **3.30** How writers, politicians and artists manipulated the history of the Spanish Armada. **4.45** The historian examines the reign of Queen Anne. **6.00** The myths surrounding the French Revolution. **7.15** The myths swirling around the Georgian Regency. **8.35** The myths surrounding the Russian Revolution.
9.50 **Asteroid Rush** 1&2/2. A look into the work being done by scientists to identify potentially dangerous asteroids and the collision avoidance strategies they are developing.
12.00 M'T **Israel: A Twice Promised Land** Documentary.
1.15 **to 2.00** AM **Beautiful Serengeti**

SKY HD SD VIRGIN HD FREEVIEW HD FREESAT HD BT HD

Sky Documentaries

121/122 819 188 352 367

6.00 AM **Discovering**
8.00 **The Directors**
9.00 **Well Groomed**
10.40 **Very Ralph**
12.45 PM **SIC: Prince of MotoGP**
2.30 FILM **Dogtown and Z-Boys** Documentary. (2001, 15) ★★★
4.15 **Superpowered: The DC Story**
5.15 **Juan Carlos: Downfall of the King** Corinna's revelations are secretly recorded and leaked.
6.15 **Alexia: Labor Omnia Vincit** New edition In 2021, Alexia becomes a global phenomenon.
7.15 **To End All War: Oppenheimer and the Atomic Bomb** The story of J Robert Oppenheimer.
9.00 NEW SERIES **Last Call: When a Serial Killer Stalked Queer New York** 1/4. The case of a serial killer targetting gay men during the Aids crisis.
10.05 **The Stroll** The history of New York's transgender sex workers.
11.50 **Belushi** Documentary.
2.00 AM **We Met in Virtual Reality**
3.50 **My Icon: Kadeen Corbin**
4.00 **to 6.00** AM **Wework: How to Lose $30b in Two Weeks**

Sky Nature

124/125 822 189 354 369

6.00 AM **Wildlife ER**
11.00 **Strange Creatures**
1.00 PM **Strange Creatures**
2.00 **Volcanic Odysseys**
5.00 **My Garden of a Thousand Bees** The work of wildlife film-maker Martin Dohrn.
6.00 **Wild Fighters** New edition The planet's fiercest fighters.
7.00 **Islands** New edition Exploring the wildlife on Baffin in the Canadian Arctic, encountering arctic foxes, white beluga whales and a two-tusked narwhal.
8.00 **David Attenborough's Kingdom of Plants** The wonders of the botanical world. **9.00** How plants change through the seasons. **10.00** A look at how some species have reduced their dependence on water.
11.00 **Islands** As 7.00pm.
12.00 M'T **Wild Fighters**
1.00 AM **Wild Latin America**
3.00 **Patrick Aryee's Wild World**
5.00 **to 6.00** AM **Nature's Dress Code: Who Wears What and Why?**

Sky History 2

163 163 840 186

6.00 AM **Ancient Aliens**
9.00 **Treasures Decoded**
11.00 **Walking Through History**
12.00 NOON **WWII's Most Daring Raids** Utah Beach.
1.00 PM **Ancient Aliens**
2.00 **Digging for Britain**
3.00 **Digging Up Britain's Past**
4.00 **Secret Passages**
6.00 **Secrets of Great British Castles** Leeds Castle in Kent.
7.00 **Ancient Aliens** Experts scrutinise the Maya calendar. **8.00** Investigating the 'greys', rumoured to be alien life forms. **9.00** Whether aliens may have caused natural disasters.
10.00 **Bermuda Triangle: Into Cursed Waters**
11.00 **Top Secret UFO Projects Declassified**
12.00 M'T **Paranormal: Caught on Camera**
1.00 AM **Ancient Aliens**
3.00 **Salvage Kings**
4.00 **World's Greatest Treasure Mysteries**
5.00 **to 6.00** AM **Walking Through History**

Crime+Investigation

156 156 837 133

6.00 AM **Taking the Stand**
9.00 **Killer in Plain Sight**
1.00 PM **Sunshine Slayings**
5.00 **Meet, Marry, Murder**
6.00 **Interrogation Raw**
7.00 **After the First 48** A man is killed during an armed robbery gone wrong.
8.00 **Murder Detective** Former detective Graham Hill looks back at the case of Dean Mayley.
9.00 **Cold Case Files** A woman vows to solve her sister's murder.
10.00 **First Blood** The crimes of serial killer Richard Ramirez, who terrorised southern California in the mid-1980s.
11.00 **I Survived a Crime** A bus driver goes on a high-speed chase. **11.30** A thief and jewellery store owner get into a shootout.
12.00 M'T **Kids Behind Bars: Life or Parole** Double bill.
2.00 AM **I Am a Killer** Lindsay Haugen tells the strange story of her partner's death.
3.00 **to 6.00** AM **Taking the Stand**

+1 hour 256 333

WILD

165 165 841 182

8.00 AM **Wild Arctic**
11.00 **Frozen Kingdom of the Snow Leopard** The story of a snow leopard raising her cubs in an unfamiliar valley.
12.00 NOON **Snakes in the City**
2.00 PM **Animal Fight Club**
4.00 **Madagascar's Weirdest**
6.00 **Secrets of the Zoo: Tampa**
7.00 NEW SERIES **America's National Parks: Hidden Gems** Documentary taking a closer look at the Grand Canyon.
8.00 **When Sharks Attack** New edition An unexpected and mysterious shark species bites beachgoers in Australia.
9.00 **The Lakeshore Killers** Documentary following three male lions growing to maturity.
10.00 **Saved from a Shark** First-hand accounts of people who believe dolphins and whales saved them from a potentially fatal shark attack.
11.00 **Snakes in the City**
12.00 M'T **When Sharks Attack**
2.00 AM **Monster Fish**
4.00 **to 5.00** AM **Yukon Vet**

Discovery History

177 181

6.00 AM **Shed and Buried**
9.00 **Bullet Points**
12.00 NOON **Unsolved History**
3.00 PM **Greatest Events of World War II** Double bill.
5.00 **Blowing Up History**
8.00 **Shed and Buried** Sheds in Cornwall and Oxfordshire. **8.30** Henry Cole and Sam Lovegrove seek items to restore in Buckinghamshire. **9.00** Pontiac ambulances, mysterious automotive sculptures and motorbikes. **9.30** Henry Cole and Sam Lovegrove head to Cornwall.
10.00 **Salvage Hunters: The Restorers** The work of the craftspeople who bring Drew Pritchard's finds back to life. **11.00** A ravaged carousel horse dating from before World War One is rescued.
12.00 M'T **How It's Made**
3.00 AM **Salvage Hunters: The Restorers**
4.00 **to 5.00** AM **Salvage Hunters**

+1 hour 277 381

Eden

166 176

9.00 AM **The Zoo**
1.05 PM **The Zoo**
6.40 **The Zoo** A tiger undergoes emergency dental surgery. **7.15** An injured Asian lion cub has an X-ray to check if it has broken its leg. **7.50** Excitement builds in the gorilla enclosure where a female is close to giving birth. **8.20** The keepers prepare for the arrival of Sari the Bornean orang-utan. **8.50** Two hand-reared gorillas are integrated into the troop. **9.25** Ciarán and Aisleen visit an orang-utan conservation project in Borneo. **9.55** The keepers move the crocodiles into their new home. **10.25** An elderly rhino develops health problems. **10.55** Sandra travels to Indonesia in search of Sulawesi crested macaques. **11.30** The zookeepers learn that a gorilla may be pregnant.
12.00 M'T **to 6.00** AM **The Zoo**

+1 hour 266 376

ID

154 166

6.00 AM **True Crime with Aphrodite Jones**
7.00 **Teleshopping**
8.00 **Web of Lies**
1.00 PM **Web of Lies**
2.00 **American Monster**
8.00 **Reasonable Doubt** The case of Tracy Fortson, the first female deputy sheriff of Oglethorpe County in Georgia, who was convicted of her boyfriend's murder. **9.00** Focusing on the case of Warren and Bonnie Horinek from Forth Worth, Texas.
10.00 **Britain's Deadliest Kids** The murder of 15-year-old Manchester boy Kyron Webb. **11.00** Focusing on the murder of Christopher Folkes.
12.00 M'T **People Magazine Investigates** Focusing on a case in which two members of a prominent family were murdered in Arkansas.
1.00 AM **Blood Relatives**
3.00 **Forensic Detectives**
5.00 **to 6.00** AM **Disappeared**

+1 hour 254 366

Discovery Turbo

161/184 180

6.00 AM **Scrap Kings**
9.00 **How It's Made**
12.00 NOON **Wheeler Dealers**
5.00 **Destroyed in Seconds** Two cranes fall 50 storeys in Taiwan. **5.30** A sinkhole swallows an entire neighbourhood. **6.00** Including a 135mph motorcycle crash. **6.30** A racing car slams into a wall at 100mph.
7.00 **Wheeler Dealers** Mike Brewer nabs a Porsche 997 at a bargain price of just £15,000. **8.00** Mike and Ant take a chance on a 2006 Porsche Cayenne Turbo S. **9.00** Mike picks up one of his favourite types of convertible – a 2000 Porsche 996. **10.00** Mike takes on the restoration of a Porsche 924. **11.00** Mike and Edd try to restore a Porsche 912E. **12.00** M'T Mike goes in search of a Porsche 993 Targa.
1.00 AM **The Detonators**
2.00 **to 5.00** AM **Kindig Customs**

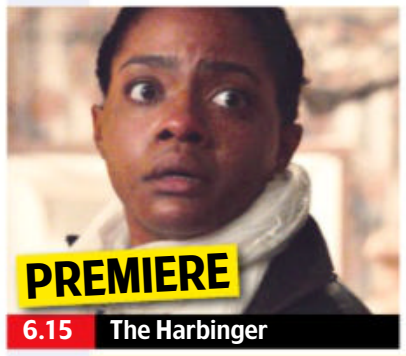
+1 hour 261/284

Films

Sky Cinema Premiere

301 301 401 501 515

6.00 AM **High Heat** As 1.10pm.
7.40 **Sky Cinema Preview**
8.40 **The Locksmith** As 4.50am.
10.30 **Sky Cinema Preview**
11.10 **Armageddon Time** Drama. (2022, 15, 114min) ★★★
1.10 PM **High Heat** Action comedy. (2022, 15, 84min) ★★★
2.45 **Maggie Moore(s)** As 8.00pm.
4.30 **Assassin** Thriller. (2023, 15)
6.15 PREMIERE **The Harbinger** Horror. (2022, 15, 87min) ★★★★ *See review, page 23.*



6.15 The Harbinger

8.00 **Maggie Moore(s)** Comedy thriller starring Jon Hamm and Tina Fey. A police chief investigates the murders of two women with the same name and unravels a web of small-town lies. (2023, 15, 99min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.50 **Babylon** Comedy drama starring Brad Pitt and Margot Robbie. Several characters enjoy an era of unbridled decadence and depravity in early Hollywood. (2022, 18, 188min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

1.05 AM **The Silent Twins** Fact-based drama with Letitia Wright and Tamara Lawrance. (2022, 18, 83min) ★★★★
3.05 **The Harbinger** As 6.15pm.
4.50 **to 6.30** AM **The Locksmith** Mystery with Ryan Phillippe. (2022, 15, 88min) ★★★

+1 hour 312

Sky Cinema Creatures

303 303 403 503 517

6.20 AM **A Monster Calls** (2016)
8.20 **The Reef: Stalked** Horror sequel. (2022, 15, 93min) ★★
10.00 **Cloverfield** As 12.00m't.
11.30 **King Kong** As 1.30am.
2.40 PM **Jaws** Monster thriller. (1975, 12, 125min) ★★★★★
4.50 **Jurassic World** Adventure sequel starring Chris Pratt. (2015, 12, 124min) ★★★★
7.00 **Jurassic World: Dominion** Sci-fi sequel with Chris Pratt. (2022, 12, 154min) ★★★

7.00 Jurassic World: Dominion

Jurassic World: Dominion (film started at 7.00pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.30 **Godzilla** Hollywood remake of the Japanese monster movie, starring Matthew Broderick, Jean Reno and Maria Pitillo. A giant mutant lizard heads for Manhattan, leaving a trail of disaster in its wake. (1998, PG, 139min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.00 M'T **Cloverfield** Disaster movie starring Lizzy Caplan. (2007, 15, 81min) ★★★
1.30 AM **King Kong** Peter Jackson's remake of the classic monster movie, starring Naomi Watts. (2005, 12, 187min) ★★★★
4.45 **to 6.45** AM **A Monster Calls** Fantasy with Lewis MacDougall. (2016, 12, 108min) ★★★★

Sky Cinema Drama

310 310 410 510 524

6.00 AM **Materna** As 2.35am.
8.00 **The Colour Room** As 4.30am.
10.00 **Maid in Manhattan** (2002)
11.50 **Mr Holmes** Period mystery. (2015, PG, 101min) ★★★★
1.40 PM **The King's Speech** Drama. (2010, 12, 118min) ★★★★★
3.45 **Selma** Fact-based drama. (2014, 12, 128min) ★★★★★
6.00 **Monster's Ball** Drama. (2002, 15, 111min) ★★★★

8.00 **Manchester by the Sea** Drama with Casey Affleck and Michelle Williams. A man returns to his home town when his brother dies and he is named guardian of his teenage nephew. (2016, 15, 134min) ★★★★★
10.25 **Spotlight** Oscar-winning fact-based drama starring Mark Ruffalo and Michael Keaton. A team of journalists investigate a conspiracy to cover up child abuse in the Catholic church. (2015, 15, 129min) ★★★★★

12.40 AM **Maid in Manhattan** Comedy starring Jennifer Lopez. (2002, PG, 105min) ★★★
2.35 **Materna** Drama with Kate Lyn Sheil. (2020, 15, 105min) ★★★
4.30 **to 6.35** AM **The Colour Room** Drama starring Phoebe Dynevor. (2021, PG, 109min) ★★★★

Sky Cinema Summer Scares

311 311 411 511 525

6.25 AM **The Woman in Black 2: Angel of Death** (2014, 15) ★★★
8.20 **The Possession** Horror thriller. (2012, 15, 90min) ★★★
10.10 **The Black Phone** Horror. (2022, 15, 103min) ★★★
12.10 PM **The Conjuring** Horror chiller. (2013, 15, 112min) ★★★
2.10 **The Conjuring 2: The Enfield Poltergeist** Horror sequel. (2016, 15, 134min) ★★★★

4.30 **Open Water** Aquatic thriller. (2003, 15, 80min) ★★★★
6.05 **Shaun of the Dead** Horror comedy starring Simon Pegg. (2004, 15, 99min) ★★★★
8.00 **The Blair Witch Project** Documentary-style chiller with Heather Donahue, Joshua Leonard and Michael Williams. Partly in black-and-white. (1999, 15, 76min) ★★★★
9.40 **Sky Cinema Preview**
10.00 **Saw V** Horror sequel with Tobin Bell. (2008, 18, 92min) ★★

11.50 **Saw VI** Horror thriller sequel. (2009, 18, 90min) ★★
1.35 AM **Umma** Horror thriller. (2022, 15, 83min) ★★★★
3.15 **Paranormal Activity: The Ghost Dimension** Horror sequel. (2015, 15, 88min) ★
5.00 **to 6.00** AM **Sky Cinema Preview**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 306 406 506 520

6.05 AM **Wickensburg** As 1.45am.
7.45 **The Karate Kid** Adventure. (1984, 12, 127min) ★★★★
9.55 **The Karate Kid Part II** Adventure. (1986, PG) ★★
11.55 **The Karate Kid: Part III** Adventure. (1989, PG) ★
1.55 PM **Ghostbusters: Afterlife**
4.00 **Zathura: A Space Adventure** Sci-fi fantasy adventure. (2005, PG, 113min) ★★★★
5.55 **The Wizard of Oz** Fantasy. (1939, U, 98min) ★★★★★

7.50 Blueback

7.50 **Blueback** Drama starring Mia Wasikowska and Eric Bana. A youngster befriends a wild blue fish, and takes on the poachers threatening it. (2022, PG, 102min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.45 **Robo-Dog** Sci-fi adventure with Michael Campion. An inventor replaces his son's dead dog with a mechanical version, equipped with all kinds of gadgets. (2015, PG, 87min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.30 **Ghostbusters: Afterlife** Supernatural comedy reboot starring Carrie Coon, Paul Rudd, Mckenna Grace, Finn Wolfhard and Bill Murray. (2021, 12, 124min) ★★★★
1.45 AM **Wickensburg** Adventure tarring Denise Richards, Julian Richings and Steve Byers. (2022, PG, 90min) ★★★
3.25 **Robo-Dog** As 9.45pm.
5.10 **to 6.05** AM **Sky Cinema Preview**

Sky Cinema Action

307 307 407 507 521

6.45 AM **One Way** Action thriller. (2022, 15, 95min) ★★★
8.30 **Ghostbusters II** As 2.25pm.
10.25 **San Andreas** Disaster movie. (2015, 12, 114min) ★★★
12.20 PM **Power Rangers** (2017)
2.25 **Ghostbusters II** Comedy. (1989, PG, 99min) ★★★
4.15 **Hancock** Action comedy. (2008, 12, 92min) ★★★
5.50 **Fast & Furious 5** Action thriller sequel with Vin Diesel. (2011, 12, 130min) ★★★

8.00 Terminator 2

8.00 **Terminator 2: Judgment Day** Sci-fi action thriller sequel starring Arnold Schwarzenegger as a cyborg from the future that has been programmed to protect humanity's destined saviour. With Linda Hamilton, Edward Furlong and Robert Patrick. (1991, 15, 146min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.35 **The Raid 2** Action thriller sequel starring Iko Uwais and Arifin Putra. (2014, 18, 150min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

1.05 AM **Battle Royale II: Requiem** Japanese sci-fi thriller sequel. Subtitled. (2003, 18, 133min) ★★
3.20 **Power Rangers** Fantasy adventure starring Elizabeth Banks. (2017, 12, 119min) ★★★
5.25 **to 7.10** AM **Hounded** Horror starring Samantha Bond. (2022, 15, 94min) ★★★

Sky Cinema Comedy

308 308 408 508 522

7.25 AM **Me, Myself and Di** (2021)
9.10 **Hot Rod** As 11.40pm.
10.45 **Teen Wolf** Teen comedy. (1985, PG, 90min) ★★★
12.30 PM **Kingpin** Comedy. (1996, 12, 114min) ★★★
2.30 **Mamma Mia!** Musical. (2008, PG, 108min) ★★★★
4.30 **Dad's Army** Wartime comedy. (2016, PG, 98min) ★★★
6.15 **Groundhog Day** Fantasy comedy starring Bill Murray. (1993, PG, 103min) ★★★★★

6.15 Groundhog Day

8.00 **Blades of Glory** Comedy with Will Ferrell and Jon Heder. Two ice skating rivals who have been banned from the sport for life make a comeback by teaming up as a pair. (2007, 12, 93min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

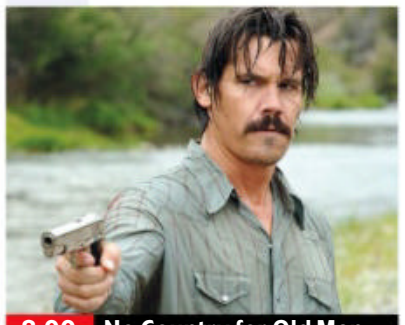
9.40 **Superbad** Comedy with Jonah Hill and Michael Cera. Two high-school friends embark on a quest to buy booze and lose their virginity. (2007, 15, 113min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.40 **Hot Rod** Comedy starring Andy Samberg and Isla Fisher. (2007, 12, 84min) ★★★★
1.15 AM **Bewitched** Romantic comedy fantasy with Nicole Kidman and Will Ferrell. (2005, PG, 102min) ★★★
3.00 **Me, Myself and Di** Comedy starring Katy Clayton. (2021, 12, 93min) ★
4.40 **to 6.20** AM **Army of One** Comedy starring Nicolas Cage. (2016, 15, 92min) ★★

Sky Cinema Thriller

309 309 409 509 523

6.00 AM **Death in Texas** Drama. (2020, 15, 101min) ★★
7.55 **Antebellum** Horror mystery. (2019, 15, 105min) ★★
9.55 **Kimi** Thriller with Zoë Kravitz. (2022, 15, 87min) ★★★★
11.30 **Red Lights** As 2.50am.
1.30 PM **Eye in the Sky** Thriller. (2015, 15, 112min) ★★★★
3.25 **The International** Thriller. (2009, 15, 113min) ★★★★
5.25 **A Time to Kill** Legal drama. (1996, 15, 149min) ★★★



8.00 No Country for Old Men

8.00 **No Country for Old Men** The Coen Brothers' dark crime thriller starring Tommy Lee Jones, Javier Bardem and Josh Brolin. A dogged lawman and a ruthless contract killer pursue a Texan who has made off with $2million in drug money. (2007, 15, 122min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.15 **Internal Affairs** Thriller about corruption in the LA police force, starring Andy Garcia as the detective investigating a street cop. With Richard Gere and Nancy Travis. (1990, 18, 117min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.25 AM **Serpico** Fact-based crime drama starring Al Pacino. (1973, 18, 130min) ★★★★
2.50 **Red Lights** Psychological thriller starring Cillian Murphy. (2012, 15, 109min) ★★★
5.00 **to 6.00** AM **Sky Cinema Preview**

Film4

313 313 855 428 14 300

■ **Films start at 11.00am**
11.00 AM **Hotel Transylvania** Animation. (2012, U) ★★★
12.50 PM **Hotel Transylvania 2** Animated comedy sequel. (2015, U, 89min) ★★★
2.35 **Hotel Transylvania 3: Summer Vacation** Animated sequel. (2018, U, 97min) ★★
4.30 **Rat Race** Road comedy. (2001, 12, 112min) ★★★
6.40 **A Good Year** Comedy drama. (2006, 12, 117min) ★★★

6.40 A Good Year

A Good Year (film started at 6.40pm) **8 PM**
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **12 Strong** War drama based on the story of the first Special Forces team deployed to Afghanistan after 9/11. Stars Chris Hemsworth, Michael Shannon, Michael Peña and William Fichtner. (2018, 15, 125min) ★★★ **9 PM**
SEX ●●● VIOLENCE ●●● LANG ●●●

11.35 **Underwater** Sci-fi thriller starring Kristen Stewart. Miles beneath the surface of the Pacific Ocean, a crew fight for survival after a tremor wrecks their base. With Mamoudou Athie. (2019, 15, 99min) ★★★ **11 PM**
1.25 **to 4.00** AM **The Shape of Water** Oscar-winning fantasy drama starring Sally Hawkins. (2017, 15, 123min) ★★★★★

+1 hour 314 430 47 301

Sky Cinema Wizarding World

302 302 402 502 516

7.00 AM **Harry Potter and the Goblet of Fire** As 3.05am.
9.40 **Harry Potter and the Order of the Phoenix** As 5.45am.
12.00 NOON **Harry Potter and the Half-Blood Prince** Fantasy. (2009, 12, 153min) ★★★★★
2.35 PM **Harry Potter and the Deathly Hallows: Part I** Fantasy starring Daniel Radcliffe. (2010, 12, 146min) ★★★★

5.05 **Harry Potter and the Deathly Hallows: Part II** Fantasy. (2011, 12, 130min) ★★★★★
7.20 **Harry Potter and the Philosopher's Stone** Fantasy starring Daniel Radcliffe. (2001, PG, 152min) ★★★★
9.55 **Harry Potter and the Chamber of Secrets** Fantasy starring Daniel Radcliffe. (2002, PG, 161min) ★★★★
12.40 AM **Harry Potter and the Prisoner of Azkaban** Fantasy. (2004, PG, 142min) ★★★★★

3.05 **Harry Potter and the Goblet of Fire** Fantasy adventure starring Daniel Radcliffe. (2005, 12, 157min) ★★★
5.45 **to 8.05** AM **Harry Potter and the Order of the Phoenix** Fantasy starring Daniel Radcliffe. (2007, 12, 132min) ★★★

Sky Cinema Greats

304 304 404 504 518

6.00 AM **Carry On Spying** (1964)
7.45 **Let's Dance** Vintage musical. (1950, U, 112min) ★★
9.45 **Control** As shown at 2.00am.
12.00 NOON **Sunset Boulevard**
2.00 PM **King Creole** Musical drama. (1958, b/w, PG, 116min) ★★★★
4.00 **Rio Grande** John Ford Western. (1950, b/w, U, 107min) ★★★★
5.55 **Birdy** Psychological drama. (1984, 15, 120min) ★★★★

8.00 **E.T. The Extra Terrestrial** Steven Spielberg's sci-fi fantasy starring Henry Thomas. A young LA boy befriends an alien who has been left behind by his spaceship. (1982, U, 114min) ★★★★★
10.00 **Interview with the Vampire** Gothic horror thriller based on the novel by Anne Rice, starring Tom Cruise and Brad Pitt as centuries-old vampires roaming the world in search of fresh prey. (1994, 18, 122min) ★★★★

12.05 AM **Sunset Boulevard** Classic Hollywood melodrama. (1950, b/w, PG, 110min) ★★★★★
2.00 **Control** Music biopic. (2007, b/w, 15, 116min) ★★★★★
4.15 **to 6.00** AM **Carry On Spying** James Bond spoof. (1964, b/w, U, 84min) ★★★★

Sky Cinema Animation

305 305 412 500 514

6.30 AM **Rabbit Academy** Animated comedy. (2022, U, 76min) ★★★
7.55 **Lego DC Super Heroes: Justice League – Attack of the...**
9.20 **The Jungle Bunch** As 10.35pm.
11.05 **Hotel Transylvania** Animated comedy. (2012, U, 91min) ★★★
12.40 PM **Hotel Transylvania 2** Animation. (2015, U) ★★★
2.15 **Hotel Transylvania 3: Summer Vacation** (2018, U) ★★

4.00 **The Angry Birds Movie** Animation. (2016, U) ★★★
5.45 **The Angry Birds Movie 2** Animated comedy sequel. (2019, U, 93min) ★★★
7.25 **The Emoji Movie** Animated adventure. (2017, U, 83min) ★
8.55 **The Ogglies** Animation. (2021, PG, 85min) ★★
10.35 **The Jungle Bunch** Animated adventure. (2017, U, 97min) ★★
12.20 AM **Even Mice Belong in Heaven** Animated comedy. (2021, PG, 80min) ★★★

1.55 **Lego DC Super Heroes: Justice League – Attack of the Legion of Doom!** (2015, U) ★★★
3.20 **Dogtanian and the Three Muskehounds** (2021, U) ★
4.55 **to 6.20** AM **Lego DC Super Hero Girls: Super-Villain High** Animation. (2018, PG) ★★

Movies 24

325 419

7.00 AM **Love on Trend** Romantic drama. (2021, PG, 85min) ★★
9.00 **Love and the Radio Star** Comedy. (2022, PG, 90min) ★★
11.00 **Fashionably in Love** Comedy. (2023, PG, 87min) ★★
1.00 PM **Heart of the Matter** Drama. (2015, U, 90min) ★★
3.00 **PREMIERE** **Making Waves** Romantic comedy with Holland Roden. (2023, PG, 84min) ★★

5.00 **A Royal Runaway Romance** Romantic comedy drama. (2022, PG, 84min) ★★
7.00 **Love Is a Piece of Cake** Drama starring Lindsey Gort. (2020, PG, 90min) ★★
9.00 **Chronicle Mysteries** *The Retreat:* Podcast host Alex and newspaper editor Drew investigate a self-help retreat and the controversial life coach who oversees it.
11.00 **Planning for Joy** Comedy. (2022, PG, 86min) ★★

1.00 AM **Made for Each Other** Romantic fantasy drama. (2023, PG, 84min) ★★
3.00 **to 5.00** AM **The Best Version of Love** Romantic comedy. (2023, PG, 86min) ★★

+1 hour 326 420

Talking Pictures

328 445 82 306

6.00 AM **Flight from Vienna** Drama. (1956, b/w, U, 57min) ★★★
7.10 **The Mysterious Mr Davis** Comedy. (1939, b/w, U) ★★★
8.20 **The Bold and the Brave** War drama. (1956, b/w, PG) ★★★
10.05 **The Secret of Convict Lake** Western. (1951, PG, 83min) ★★
11.45 **The One That Got Away** Fact-based wartime drama. (1957, b/w, U, 110min) ★★★

2.00 PM **Adventures of Robin Hood**
2.30 **The Larkins** 2/6. (S4)
3.00 **I'm All Right, Jack** The Boulting Brothers' classic satire. (1959, b/w, U, 105min) ★★★
5.00 **The Footage Detectives**
6.00 **Tell Me Another**
6.30 **Jigsaw** Police thriller. (1962, b/w, PG, 107min) ★★★
8.40 **Look at Life** Documentary.
9.00 **Van der Valk** 7/12. (S3)
10.00 **French Connection II** Thriller seque starring Gene Hackman. (1975, 18, 119min) ★★★★

12.25 AM **Spring and Port Wine** Comedy starring James Mason. (1970, PG, 101min) ★★★
2.25 **The Heritage Chart Show with Mike Read** Music show.
3.30 **Dreamland** Documentary.
5.30 **to 6.00** AM **The David Niven Show**

Sunday

Sky Sports Main Event

401 401 859 | 511 501 | 420 440

6.00 AM **Sky Sports News**
7.00 **Good Morning Sports Fans**
7.30 **My Icon** Solomon Wilcots.
7.45 LIVE **Netball World Cup** Coverage of the seventh-place play-off. Centre-pass **8.00am**.
9.45 **My Icon** Mary Cholhok
10.00 LIVE **Netball World Cup** Coverage of the fifth-place play-off. Centre-pass **10.00am**.
11.30 LIVE **EFL Leicester City v Coventry City.** The Championship match, staged at King Power Stadium. Kick-off **12.00noon**.
2.15 PM LIVE **EFL Leeds United v Cardiff City.** Coverage of the Championship encounter from Elland Road. Kick-off **2.30pm**.
4.45 LIVE **EFL Sunderland v Ipswich Town.** Coverage of the Championship match at Stadium of Light. Kick-off **5.00pm**.
7.30 LIVE **The Hundred Oval Invincibles Men v Welsh Fire Men.** Coverage of the match, staged at the Oval in London.
9.00 LIVE **PGA Tour Golf** Coverage of the fourth and final day of the Wyndham Championship.
11.00 PM **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 402 860 | 512 502 | 421 441

6.00 AM **PL Greatest Games**
7.00 **Premier League Years**
9.00 **Premier League Preview**
10.00 **Premier League Years**
12.00 NOON **Premier League Highlights** Including action from Crystal Palace v Manchester United, Manchester City v Tottenham Hotspur and Newcastle United v Brighton & Hove Albion.
7.00 PM **Premier League Years** Classic games and moments of skill from the 2011/12 season.
9.00 **Premier League Preview** A look ahead to the new season.
10.00 **Premier League Icons** A profile of Paolo Di Canio.
10.30 **PL Retro** Bournemouth v Liverpool in the 2016/17 season.
12.30 AM **Premier League Icons** A profile of Cristiano Ronaldo.
1.00 **Premier League Years** Featuring memorable moments from the 2005/06 season.
3.00 **PL Greatest Games** Liverpool v Chelsea from 2001 at Anfield. **3.30** Highlights of Wigan Athletic v West Ham United from 2011.
4.00 **Premier League Best Goals**
5.30 **to 6.00** AM **Premier League 100 Club**

Sky Sports Football

403 403 861 | 513 503 | 422 442

6.00 AM **EFL Goals: Leagues 1 & 2**
6.30 **EFL Highlights**
8.00 **EFL Goals: Leagues 1 & 2**
8.30 **SPFL Highlights**
9.00 **EFL Highlights**
10.00 **EFL Goals: Leagues 1 & 2**
10.30 **EFL Highlights**
11.00 **SPFL Highlights**
11.30 LIVE **EFL Leicester City v Coventry City.** The Championship match, staged at King Power Stadium. Kick-off **12.00noon**.
2.15 PM LIVE **EFL Leeds United v Cardiff City.** Coverage of the Championship fixture, staged at Elland Road. Kick-off **2.30pm**.
4.45 LIVE **EFL Sunderland v Ipswich Town.** The Championship encounter. Kick-off **5.00pm**.
7.30 **The Rise of Jude Bellingham**.
8.00 **SPFL Highlights**
8.30 **EFL Goals: Leagues 1 & 2**
9.00 **EFL Highlights**
10.00 **SPFL Highlights**
10.30 **EFL Goals: Leagues 1 & 2**
11.00 **EFL Highlights**
1.00 AM **EFL Cup Retro**
2.00 **EFL** The 2014/15 play-offs.
5.00 **to 6.00** AM **Championship Season Review 2014/15**

Sky Sports Cricket

404 404 862 | 514 504 | 423 443

6.00 AM **The Hundred**
9.30 **The Hundred Bitesize**
10.30 LIVE **The Hundred Southern Brave Women v Northern Superchargers Women.** Coverage of the match from Ageas Bowl in Southampton.
2.00 PM LIVE **The Hundred Southern Brave Men v Northern Superchargers Men.** Coverage of the match from Ageas Bowl in Southampton.
5.30 LIVE **The Hundred Oval Invincibles Men v Welsh Fire Men.** Coverage of the match, staged at the Oval in London.
9.00 **The Hundred Bitesize** Oval Invincibles Men v Welsh Fire Men. **9.15** Action from Oval Invincibles Women v Welsh Fire Women. **9.30** Southern Brave Women v Northern Superchargers Women. **9.45** Southern Brave Men v Northern Superchargers Men.
10.00 **The Hundred** Another chance to see Southern Brave Women v Northern Superchargers Women. **1.30** AM Southern Brave Men v Northern Superchargers Men.
5.00 **to 6.00** AM **The Hundred Bitesize**

Sky Sports Golf

405 405 863 | 515 505 | 424 444

6.00 AM **PGA Tour Golf**
11.00 **Challenge Tour Golf**
11.30 **Legends Tour Golf** Highlights from the third day of the JCB Championship.
12.00 NOON **Ladies European Tour Golf** Action from day three of the Women's Scottish Open.
1.00 PM LIVE **Ladies European Tour Golf** Coverage of day four of the Women's Scottish Open from Dundonald Links in Ayrshire.
5.00 LIVE **PGA Tour Golf** Coverage of the fourth and final day of the Wyndham Championship, staged at Sedgefield Country Club in Greensboro, North Carolina.
11.00 **Challenge Tour Golf** Action from the Suisse Challenge at the Wylihof Golf Club in Luterbach.
11.30 **Countdown to the Ryder Cup** A look at Europe captain Luke Donald's Ryder Cup pedigree.
12.00 M'T **PGA Tour Golf**
1.00 AM **Challenge Tour Golf**
1.30 **Countdown to the Ryder Cup**
2.00 **Ladies European Tour Golf**
3.00 **The Open Films: Woods 2000**
4.00 **PGA Tour Golf**
5.00 **to 6.00** AM **Nick Dougherty's Tee Time Tips**

TNT Sports 1

410 410 870 | 527 | 408 430

6.00 AM **WWE NXT Highlights**
7.00 LIVE **World Rally Championship** Rally Finland.
9.15 **UEFA Champions League**
9.30 **Ariel Helwani Meets**
10.00 **WWE SmackDown Highlights**
11.00 LIVE **World Rally Championship** Rally Finland.
12.45 PM **Badminton Weekly**
1.00 **Currie Club** Steven Gerrard.
1.30 **National League Highlights**
2.00 **T20 Cricket Highlights**
3.00 LIVE **T20 Cricket West Indies v India.** Coverage of the second T20 at Guyana National Stadium.
7.15 **Badminton Weekly**
7.30 **Down the Clubhouse**
8.30 **Ariel Helwani Meets**
9.00 **WWE SmackDown Highlights**
10.00 **WWE NXT** Wrestling action.
11.45 **UEFA Champions League: Stories of the Finals**
12.00 M'T LIVE **MLB San Diego Padres v Los Angeles Dodgers.** The National League match from Petco Park. Start-time **12.10am**.
3.30 AM **MLB Plays of the Week**
4.00 **Badminton Unlimited**
4.30 **European Rally Championship**
5.00 **World Rally Championship**
5.30 **to 6.00** AM **Currie Club**

TNT Sports 2

411 411 871 | 528 | 409 431

6.00 AM **Fishing: On the Bank**
7.00 **Vanarama National League**
8.30 **What Went Down** Finn Balor.
9.00 **MotoGP** British Grand Prix.
9.30 LIVE **MotoGP** The British Grand Prix warm-up session.
10.00 **Deaf Away Days**
10.15 LIVE **MotoGP** The British Grand Prix Moto3 race from Silverstone. Start-time **11.15am**.
12.30 PM LIVE **MotoGP** The British Grand Prix MotoGP race from Silverstone. Start-time **1.00pm**.
2.15 LIVE **MotoGP** The British Grand Prix Moto2 race, staged at Silverstone. Start-time **2.30pm**.
3.30 **MotoGP Chequered Flag**
4.30 **WWE SmackDown** Wrestling.
6.00 **MLB: Off the Bat**
6.30 LIVE **MLB Boston Red Sox v Toronto Blue Jays.** Coverage of the American League match from Fenway Park. Start-time **6.35pm**.
10.00 **UFC** Another chance to see Cory Sandhagen v Rob Font.
1.00 AM **UFC: The Ultimate Fighter**
2.00 **UFC Fight Flashback**
4.00 **UFC 248: Zhang v Joanna**
4.30 **UFC: The Ultimate Fighter**
5.30 **to 6.00** AM **UEFA Champions League: Stories of the Finals**

TNT Sports 3

417 417 874 | 529 | 410 432

6.00 AM LIVE **AFL St Kilda Saints v Carlton Blues.** Coverage of the match from Marvel Stadium in Melbourne. Bounce-up **6.20am**.
9.00 **Down the Clubhouse**
10.00 LIVE **AFL Geelong Cats v Port Adelaide Power.** Coverage from GMHBA Stadium in South Geelong. Bounce-up **10.25am**.
1.00 PM **Fight Night**
3.00 LIVE **World Rallycross** Coverage of the latest round of the season in Mettet, Belgium.
4.00 **Vanarama National League Highlights** Recent action.
4.30 **Premier League** Brighton & Hove Albion v Everton. **6.00** A chance to see Leeds United v Newcastle United. **7.30** Another chance to see Tottenham Hotspur v Brentford. **9.00** A chance to see Leeds United v Tottenham Hotspur.
10.30 **Vanarama National League**
12.00 M'T **Vanarama National League Highlights**
12.30 AM **Rio Ferdinand's Between the Lines** Virgil van Dijk.
1.00 **World Rally Championship**
1.30 **Rugby Stories**
2.00 **to 6.00** AM **AFL**

Sky Sports Action

407 407 865 | 517 507 | 426 446

6.00 AM **Fight Night International**
9.00 **International Rugby Union**
11.10 **My Icon** Leon Pryce.
11.20 **International Rugby Union**
1.30 PM **Betfred Super League Highlights** Top-flight action.
2.30 LIVE **Betfred Super League Leeds Rhinos v Leigh Leopards.** Coverage from Headingley. Kick-off **3.00pm**.
5.30 **Women's Super League** Action from St Helens v York Valkyrie.
5.45 **Super League Gold** Action from the 2013 Grand Final.
5.50 **International Rugby Union** A chance to see the additional Bledisloe Cup match between New Zealand and Australia at Forsyth Barr Stadium in Dunedin.
8.00 LIVE **WNBA New York Liberty v Las Vegas Aces.** Coverage of the match, staged at Barclays Centre in Brooklyn, New York. Tip-off is at **8.00pm**.
10.00 **International Rugby Union** Argentina v South Africa.
12.10 AM **My Icon** Leon McKenzie.
12.30 **Chiefs: 24 Hours to Kickoff**
1.00 **NFL Bitesize Highlights**
4.00 **to 6.00** AM **Super Bowl LVII Highlights**

Sky Sports Mix

416 416 873 | 510 | 429 449

6.00 AM **EFL Goals: Leagues 1 & 2**
6.30 **Betfred Super League Highlights** Top-flight action.
6.45 **Equestrian** As 10.00pm.
7.45 LIVE **Netball World Cup** The seventh-place play-off, staged at Cape Town International Convention Centre in South Africa. Centre-pass **8.00am**.
9.45 **The Hundred Bitesize**
10.30 LIVE **The Hundred Southern Brave Women v Northern Superchargers Women.** Coverage of the match from Ageas Bowl in Southampton.
2.00 PM LIVE **The Hundred Oval Invincibles Women v Welsh Fire Women.** Coverage of the match from the Oval, London.
5.30 LIVE **The Hundred Oval Invincibles Men v Welsh Fire Men.** Coverage of the match, staged at the Oval in London.
9.00 **The Hundred Bitesize**
10.00 **Equestrian** The Longines King George V Gold Cup.
11.00 **Netball World Cup**
1.15 AM **Betfred Super League Highlights** Top-flight action.
1.30 **The Hundred**
5.00 **to 6.00** AM **The Ashes**

TNT Sports 4

421 421 876 | 530 | 411 434

6.00 AM LIVE **Badminton** Coverage of the Australia Open finals.
9.30 **Rio Ferdinand's Between the Lines** With Erling Haaland.
10.00 **Premier League Legends**
10.30 **What I Wore: Gareth Bale**
10.45 **MLB** Recent baseball action.
3.45 PM LIVE **British Talent Cup** Coverage from the United Kingdom junior motorcycle racing series at Silverstone.
4.45 **Deaf Away Days**
5.00 **Fishing: On the Bank**
6.00 **AFL** A chance to see Geelong Cats v Port Adelaide Power. **8.00** Another chance to see St Kilda Saints v Carlton Blues.
10.00 **MLB Plays of the Week**
10.30 **World Rally Championship**
11.00 **World Poker Tour Series**
2.00 AM **Premier League Legends**
3.00 **World Rally Championship**
3.30 **Cricket Classics**
5.00 **to 6.00** AM **Fishing: On the Bank**

Eurosport 1

413 413 868 | 521 | 412 435

6.00 AM **Cycling: Track World Championships** Day three.
7.00 **Hall of Fame: Tokyo 2020**
8.00 **Cycling: Track World Championships** Day three.
9.00 LIVE **Cycling: Road World Championships** Coverage of the men's road race, which takes place around Glasgow.
4.30 PM **Cycling: Milan-San Remo**
4.55 LIVE **Cycling: Track World Championships** Day four at the Sir Chris Hoy Velodrome.
9.30 **Teqball: Asian Tour**
11.30 **Cycling: Track World Championships** Day four.
12.30 AM **Cycling: Road World Championships** From Glasgow.
1.30 **Discovery Golf**
2.00 **Cycling: Track World Championships** From Glasgow.
3.00 **BMX World Championship**
4.00 **Bennetts British Superbikes**
5.00 **to 6.00** AM **Bennetts British Superbikes Extra**

Eurosport 2

414 414 869 | 522 | 413 436

6.00 AM LIVE **Motorcycling** The Eight Hours of Suzuka in Japan.
12.00 NOON LIVE **Cycling: Track World Championships** Coverage of day four at the Sir Chris Hoy Velodrome in Glasgow.
3.00 PM LIVE **BMX World Championships** The men's freestyle park semi-final.
5.15 **Olympic Games: Olympians**
5.30 LIVE **Climbing World Championships** Coverage of the men's and women's lead finals.
7.30 **Golden Trail World Series**
8.00 **BMX World Championship**
9.00 **Cycling: Road World Championships** From Glasgow.
10.00 **Climbing World Championships**
11.00 **Formula E** The London ePrix.
12.00 M'T **Porsche Supercup**
1.00 AM **Climbing World C'ships**
2.00 **Formula E** Recent action.
4.00 **Cycling: Road World C'ships**
5.00 **to 6.00** AM **BMX World Championship**

Sky Sports Arena

408 408 866 | 518 508 | 427 447

6.50 AM **Super League Gold**
7.00 **Super League Highlights**
7.45 LIVE **Netball World Cup** The seventh-place play-off.
9.45 **My Icon** Mary Cholhok.
10.00 LIVE **Netball World Cup** The fifth-place play-off match.
12.00 NOON **Super League**
12.45 PM **Netball World Cup**
2.45 LIVE **Netball World Cup** The bronze medal match.
4.45 LIVE **Netball World Cup** Coverage of the gold medal match. Centre-pass **5.00pm**.
7.00 LIVE **Netball World Cup** The closing ceremony in Cape Town.
8.00 **Women's Super League**
8.15 **Super League Highlights**
8.30 **Kevin Sinfield's 7 in 7 Challenge**
10.30 **Super League Highlights**
11.00 **Netball World Cup**
1.15 AM **Super League Highlights**
1.45 **Women's Super League**
2.00 **to 6.00** AM **Women's World Matchplay Darts**

Sky Sports F1

406 406 864 | 516 506 | 425 445

6.00 AM **The Home of F1**
11.00 **Indycar** From Nashville.
12.15 PM **Lewis and the Lie Detector**
12.30 **F1 Academy Highlights**
1.00 **Formula 1** Belgian Grand Prix.
2.00 **The Notebook**
2.30 **F1 Academy Highlights**
3.00 **Indycar** From Nashville.
4.15 **Haas Behind the Scenes**
4.35 **George Russell: Lie Detector**
4.55 LIVE **Indy NXT** The Indy NXT by Firestone Grand Prix, staged at Nashville Street Circuit.
6.10 **Lando Norris Q&A**
6.25 **The Safety Car's Role In F1**
6.30 **Indycar** From Nashville.
7.45 **Sky F1 Ashes**
8.00 LIVE **Indycar** The Big Machine Music City Grand Prix.
11.00 **Indy NXT** From Nashville.
12.15 AM **Skiing with Stroll**
12.35 **Bullseye's with Bottas**
12.45 **Portrait of the Paddock**
12.55 **Why is the Red Bull So Fast?**
1.00 **to 6.00** AM **The Home of F1**

SKY HD SD | VIRGIN HD | BT HD

Monday

7 August

Evening Planner

Factual

Animal Park
BBC2, 1.45pm
Ben Fogle, Kate Humble and last year's *Strictly* winner Hamza Yassin begin three weeks' worth of updates from Longleat.

Crime Drama

Wolf
BBC1, 9pm
DI Jack Caffrey is still in Monmouthshire where he tries to piece together the story of a handwritten note pleading for help.

Travelogue

Remarkable Places to Eat
More4, 9pm
Well-known food fans take Fred Sirieix to a city that is home to their favourite eateries, starting with Dermot O'Leary.

Drama

Winning Time: The Rise of the Lakers Dynasty
Sky Atlantic, 9pm
Off-the-court issues threaten the Lakers' efforts to defend their NBA crown.

SKY EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES								
101 BBC1	7.00 Rip Off Britain...	7.30 EastEnders	8.00 Panorama	8.30 Extraordinary...	9.00 Wolf		10.00 News; Local News	
102 BBC2	7.00 Mediterranean with Simon Reeve		8.00 Only Connect	8.30 University...	9.00 Earth		10.00 As Seen on TV	10.30 Newsnight
103 ITV1	◂ 6.30 News	7.30 Emmerdale	8.00 Coronation Street		9.00 Long Lost Family		10.00 News; Local News	
104 CHANNEL 4	7.00 News		8.00 A Cotswold Farm Shop		9.00 24 Hours in A&E		10.00 Confessions of a Cam Girl	
105 CHANNEL 5	7.00 Traffic Cops		8.00 Police Interceptors		9.00 The Child Snatcher: Manhunt		10.00 999: Emergency Call Out	
106 SKY SHOWCASE	7.00 The Simpsons		8.00 Fast & Furious: Greatest Moments...		9.00 Film: Fast & Furious 7			
ENTERTAINMENT								
115 BBC3	7.00 Cycling: World Championships – Live: Coverage of day five				9.05 World Cup	9.30 Ruck Stars	10.00 Dreaming Whilst Black	
116 BBC4	7.00 Great American Railroad Journeys		8.00 Treasures of the Indus		9.00 My Family, Partition and Me: India 1947		10.00 Shadow of Truth	
118 ITV2	◂ 6.00 Film: Harry Potter and the Half-Blood Prince				9.00 Family Guy	9.30 American Dad!		10.30 Family Guy
136 MORE4	◂ 6.55 The Dog House		7.55 Grand Designs		9.00 Remarkable Places to Eat		10.00 World's Most Secret Hotels	
135 E4	7.00 Hollyoaks	7.30 Young Sheldon	8.00 Taskmaster Bleeped		9.00 Gogglebox			10.05 Naked Attraction's Best Naughty...
107 SKY WITNESS	7.00 Nothing to Declare		8.00 Blue Bloods		9.00 Law & Order: Special Victims Unit		10.00 Bull	
108 SKY ATLANTIC	◂ 6.50 The Sopranos		7.55 Game of Thrones		9.00 Winning Time: The Rise of the Lakers Dynasty			10.25 Euphoria: F***...
110 GOLD	◂ 6.40 Dad's Army		8.00 dinnerladies	8.45 Miranda		9.25 Not Going Out	10.00 Live at the Apollo	
111 DAVE	7.00 Richard Osman's House of Games			8.20 Would I Lie to You?	9.00 QI XL		10.00 Schitt's Creek	
119 ITV3	7.00 Heartbeat		8.00 Endeavour				10.00 Law & Order: UK	
120 ITV4	◂ 6.55 BattleBots		8.00 MotoGP Highlights		9.00 Film: Rambo: First Blood Part II			
112 COMEDY CENTRAL	7.00 Friends				9.00 Jason Manford Live at Manchester...		10.00 Baddiel & Skinner Unplanned Live...	
139 SKY SCI-FI	7.00 Star Trek: The Next Generation		8.00 Star Trek: Voyager		9.00 From			
113 SKY MAX	7.00 Stargate Atlantis		8.00 Rob & Romesh vs Crufts		9.00 COBRA		10.00 The Swarm	
109 ALIBI	7.00 Person of Interest		8.00 Death in Paradise				10.00 Evil	
130 SKY ARTS	7.00 The Joy of Painting		8.00 André Rieu: Roses from the South				10.00 Pavarotti: A Voice for the Ages	
132 W	7.00 MasterChef Australia			8.50 Ambulance Australia		9.50 999 Rescue Squad		
DOCUMENTARY								
125 DISCOVERY	7.00 Street Outlaws		8.00 Alaska: The Last Frontier		9.00 Street Outlaws			
162 ANIMAL PLANET	7.00 Dodo Heroes		8.00 Killer Whales		9.00 Man-Eating Zombie Cats		10.00 Alaskan Bush People	
129 NAT GEO	7.00 Air Crash Investigation		8.00 To Catch a Smuggler		9.00 Drug Lords: The Takedown		10.00 Airport Security: Rome	
123 SKY HISTORY	7.00 Forged in Fire		8.00 Storage Wars Canada		9.00 Clash of Ancient Warriors		10.00 Viking Dead	
155 YESTERDAY	7.00 Bangers & Cash		8.00 Retro Electro Workshop		9.00 Secrets of the London Underground		10.00 Bangers & Cash	
121 SKY DOCS	7.00 The Story of Late Night		8.00 The Good Fight Club		9.00 Forced Out			
FILMS - Sky Cinema								
301 PREMIERE	◂ 6.15 Assassin		8.00 Maggie Moore(s)			9.50 The Harbinger		
303 HITS	◂ 6.20 Clerks		8.00 xXx				10.10 Watchmen	
304 GREATS	◂ 5.30 Oh! What a Lovely War		8.00 Champion			9.55 Kramer vs Kramer		
305 ANIMATION	◂ 5.55 Rugrats Movie	7.30 The Reef 2: High Tide			9.05 Cinema List	9.25 Lego DC Super Hero Girls: Super-Villain High		
306 FAMILY	◂ 6.05 Scooby-Doo	7.45 Bratz				9.40 Joey & Ella: A Kangaroo Tail		
307 ACTION	◂ 5.25 Terminator 2: Judgment Day		8.00 Uncharted				10.00 Battle Royale II: Requiem	
308 COMEDY	◂ 6.15 The Boss		8.00 Meet the Fockers				10.05 Wayne's World	
309 THRILLER	◂ 6.00 The Dry		8.00 The Taking of Pelham 123			9.50 The Card Counter		
310 DRAMA	◂ 5.45 A Good Person		8.00 Don't Worry Darling				10.05 The Remains of the Day	
311 SUMMER SCARES	◂ 6.20 Cloverfield		8.00 10 Cloverfield Lane				10.00 Saw VI	
302 5 STAR MOVIES	◂ 6.20 Belfast		8.00 Elvis					
313 FILM4	◂ 6.55 My Best Friend's Wedding				9.00 Jumanji: Welcome to the Jungle			
SPORT								
401 MAIN EVENT	◂ 6.00 The Hundred – Live: Manchester Originals Men v Birmingham Phoenix Men					9.30 Sky Sports News		10.30 Back Pages...
402 PREMIER LEAGUE	7.00 The Transfer Show		8.00 Premier League Years				10.00 PL Icons	10.30 PL Retro
403 FOOTBALL		7.10 Rise of Jude...	7.40 Irish Football – Live: Larne v Dungannon Swifts (Kick-off 7.45)			9.45 EFL Highlights		
404 CRICKET	◂ 6.00 The Hundred – Live: Manchester Originals Men v Birmingham Phoenix Men					9.30 The Hundred		
410 TNT SPORTS 1		7.15 T20 Cricket Highlights		8.30 Rugby Stories	9.00 MLB – Live: San Diego Padres v Los Angeles Dodgers (Start-time 9.10)			
411 TNT SPORTS 2	7.00 Badminton				9.00 Fishing: On the Bank		10.00 Premier League Review	

◂ Denotes programmes starting before 7.00pm † Regions vary

MONDAY

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Monday

BBC1

101 101 | 101 101 | 1 101 | 101 101/106

6.00 AM **Breakfast** (S)
9.15 **Countryfile Treasures** From Bedfordshire. (S)(R)
10.00 **Dom Does America** (S)(R)
10.30 **Defenders UK** (S)(R)
11.15 **Homes Under the Hammer** (S)(R)
12.15 PM **Bargain Hunt** (S)(R)(AD)
1.00 **BBC News** (S)
1.30 **Local News** (S)
1.45 NEW SERIES **Animal Park** 1/15. Return of the wildlife series. A tiger is preparing to leave for an international breeding programme. *See feature, page 11.* (S)(AD)
2.30 **Rick Stein's Cornwall** (S)(R)(AD)
3.00 **I Escaped to the Country** (S)(R)
3.45 **Make It at Market** (S)(R)(AD)
4.30 **The Repair Shop** (S)(R)(AD)
5.15 **Pointless** New edition Quiz. (S)
6.00 **BBC News** (S)
6.30 **Local News** (S)

8.30 Extraordinary Portraits

7 PM

7.00 **Rip Off Britain: Holidays** The case of a woman facing a large medical bill which her travel insurer won't cover. (S)(R)
7.30 **EastEnders** Ben feels inadequate ahead of Jay's parental hearing. (S)(AD)

8 PM

8.00 **Panorama** New edition Current affairs. (S)
8.30 **Extraordinary Portraits with Bill Bailey** New edition 4/6. Magic realist painter Belinda Eaton depicts an end-of-life care nurse. (S)

9 PM

9.00 **Wolf** New episode *Scary Man:* 3/6. Jack delves deeper into the Donkey Pitch case, arranging a prison visit and listening to recordings of Lincoln's interviews with Sophie and Hugo's friends. *See feature, page 12.* (S)(AD)

10 PM

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 **Have I Got News for You** Adil Ray hosts the satirical current affairs quiz, with guest panellists Richard Osman and Jess Phillips MP. (S)(R)
11.10 **The Hit List** 8/12. Music-based quiz show hosted by Marvin and Rochelle Humes. (S)(R)
11.55 **Weather for the Week Ahead** (S)
12.00 M'T **to 6.00** AM **BBC News** (S)

• *Alternative schedule* If BBC1 show today's World Cup football, the schedule will be: **8.00am LIVE Football: Women's World Cup** The fifth last-16 match. **11.15 LIVE Football: Women's World Cup** Coverage of the sixth last-16 match. **1.30pm BBC News 2.00 Local News 2.15-3.00pm Animal Park**

BBC2

102 102/115 802 | 102 102 | 2 102 | 102 102/106

6.30 AM **Glorious Gardens from Above** A bird's-eye view of gardens in Cornwall. (S)(R)
7.15 **Bargain Hunt** (S)(R)
8.00 **Sign Zone: Clive Myrie's Italian Road Trip** A visit to Barga. (S)(R)
8.30 **Sign Zone: Great British Railway Journeys** A visit to the Walkers factory in Leicester. (S)(R)(AD)
9.00 **Nicky Campbell** (S)
11.00 **BBC News** (S)
1.00 PM **Impossible** Game show. (S)(R)
1.45 **Mastermind** Quiz show. (S)(R)
2.15 **The Hairy Bikers** The food lovers visit Romania. (S)(R)
2.30 LIVE **Cycling: World Championships** Coverage of day five, featuring the BMX freestyle park finals staged in Glasgow. (S)
6.00 **The Farmers' Country Showdown** Double bill. (S)(R)

9.00 Earth

7 PM

7.00 **Mediterranean with Simon Reeve** 1/4. A journey around the region, examining the challenges currently facing the nations in the area. The adventurer begins his journey by visiting Albania, Malta and southern Italy. (S)(R)

8 PM

8.00 **Only Connect** New edition The Thrifters take on the Suncatchers. (S)
8.30 **University Challenge** New edition Southampton take on Christ Church, Oxford in a first-round match. (S)

9 PM

9.00 **Earth** New edition 4/5. A look at the development of the planet's atmosphere, revealing how a period of extraordinary upheaval began when the Earth was pummelled by asteroids. (S)(AD)
■ Entire series on BBC iPlayer

10 PM

10.00 **Victoria Wood as Seen on TV** Comedy sketches. A waitress has trouble serving soup to two customers. (S)(R)
10.30 **Newsnight** (S)
11.10 **Weather** (S)
11.15 FILM **Entebbe** Fact-based thriller starring Daniel Brühl and Rosamund Pike. (S) (2017, 12, 105min) ★★★
1.00 AM **Sign Zone: Countryfile** (S)(R)
1.55 **Sign Zone: Rip Off Britain** (S)(R)
2.40 **Sign Zone: Wolf** (S)(R)(AD)
3.40 **to 6.30** AM **Previews** (S)

• *Alternative schedule* If BBC1 show today's World Cup football, the BBC2 schedule will be: **6.15am Bargain Hunt 7.00 Italian Road Trip 7.30 Great British Railway Journeys 8.00 Breakfast 9.15 Countryfile Treasures 10.00 Dom Does America 10.30 Defenders UK 11.15 Homes Under the Hammer 12.15-1.00pm Bargain Hunt**

ITV1

103 103/176 803 | 103/113 | 3 103 | 103 111

6.00 AM **Good Morning Britain** (S)
9.00 **Lorraine** (S)
10.00 **This Morning** (S)
12.30 PM **Loose Women** (S)
1.30 **ITV News** (S)
1.50 **Local News** (S)
2.00 **James Martin's Islands to Highlands** The chef travels to south Wales. (S)(R)(AD)
3.00 **Lingo** Quiz show. (S)(R)
4.00 **Tipping Point** Game show. (S)(R)
5.00 **The Chase** Quiz show. (S)(R)
6.00 **Local News** (S)
6.30 **ITV News** (S)

• *Alternative schedule* If ITV show today's World Cup football, the schedule will be: **8.00am LIVE Football: Women's World Cup** The fifth last-16 match. **11.00 LIVE Football: Women's World Cup** Coverage of the sixth last-16 match. **1.45-1.50pm ITV News**

9.00 Long Lost Family

7 PM

7.30 **Emmerdale** Laurel and Jai's plans are jeopardised, Nate taps into a way of making extra money, and Amelia wants to run away but Dan disagrees. (S)(AD)

8 PM

8.00 **Coronation Street** Staff and regulars unite to help Jenny to save the Rovers, Rufus' widow alarms Stephen with an update on the inquest, and Stu catches Eliza meeting a strange man. (S)(AD)

9 PM

9.00 **Long Lost Family** New edition 6/7. Davina McCall and Nicky Campbell present the stories of two men hoping to find their birth family, including one who was adopted as a baby in Bermuda and grew up in Norfolk. (S)(AD)

10 PM

10.00 **ITV News** (S)
10.30 **Local News** (S)
10.45 **Murder of Grace Millane: Social Media Murders** The story of the British backpacker who was killed in New Zealand. (S)(R)(AD)
11.40 **English Football League Highlights** Action from the opening fixtures of the season, including Norwich City v Hull City. (S)(R)
1.00 AM **Wrestling: AEW Dynamite** Hard-hitting wrestling action. (S)(R)
2.40 **Winning Combination** (S)(R)
3.30 **ITV Football Classics: 1987 FA Cup Final – Coventry City v Tottenham Hotspur** (S)(SL)(R)
4.20 **Unwind with ITV** (S)
5.35 **to 6.00** AM **Made in Britain** (S)(R)

+1 hour 203 | 303 | 35 | 112

CHANNEL 4

104 104/108 804 | 104/108 | 4 104 | 104/106

6.15 AM **Countdown** (S)(R)
6.55 **Cheers** 4&5/22. (S1) (S)(R)
7.50 **Everybody Loves Raymond** (S)(R)
8.40 **Frasier** 4&5/24. (S7) (S)(R)(AD)
9.40 **The Big Bang Theory** (S)(R)(AD)
10.35 **The Simpsons** (S)(R)(AD)
11.35 **News** (S)
11.40 **Four in a Bed** (S)(R)
2.10 PM **Countdown** New edition (S)
3.00 **A Place in the Sun** (S)(R)
4.00 **A New Life in the Sun: Where Are They Now?** (S)(R)
5.00 **Sun, Sea and Selling Houses** A home in Almería. (S)(R)
6.00 **The Simpsons** *Homer Alone:* Marge is packed off for a well-earned holiday after suffering a nervous breakdown. (S)(R)(AD)
6.30 **Hollyoaks** Warren gives Mercedes some much needed advice regarding her boyfriend. (S)(AD)

8.00 A Cotswold Farm Shop

7 PM

7.00 **News** (S)

8 PM

8.00 NEW SERIES **A Cotswold Farm Shop** 1/6. Behind the scenes at the family-run Gloucester Service Station. This first edition visits the world's only cheesemaker who uses milk from Gloucester rare-breed cows. (S)(AD)

9 PM

9.00 **24 Hours in A&E** Twenty one-year-old Connor is rushed in after a motorbike accident leaves him with leg and lung injuries, while 69-year-old Rob, who suffers from locked-in-syndrome, has trouble breathing. (S)(R)(AD)

10 PM

10.00 **Confessions of a Cam Girl** Series finale 2/2. Two cam performers consider teaming up, hoping to improve their income as well as relieve some of the loneliness that comes with the profession. (S)(AD)
11.05 **The Unique Boutique** New edition 3/4. Emily wants a masculine look for a Bar Mitzvah. (S)(AD)
12.05 AM **Dr Death** Series finale 8/8. Duntsch stands trial. (S1) (S)(AD)
1.15 **Ramsay's Kitchen Nightmares USA** From New Jersey. (S)(SL)(R)
2.05 **Couples Come Dine with Me** (R)
2.55 **The Dog House** (S)(SL)(R)(AD)
3.50 **Great Big Tiny Design Challenge with Sandi Toksvig** (S)(SL)(R)(AD)
4.45 **Grand Designs** (S)(R)(AD)
5.40 **Sunday Brunch Best Bits** (S)(R)
5.50 **to 6.15** AM **Beat the Chef** (S)(R)

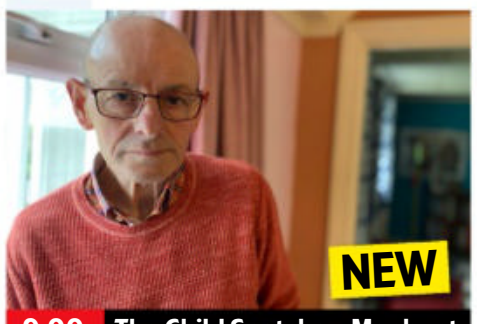
+1 hour 204/208 | 304 | 15 | 121

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

CHANNEL 5

105 105 805 | 105 | 5 105 | 105 105

5.35 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.15 **Storm Huntley** (S)
12.40 PM **Alexis Conran** (S)
1.40 **News** (S)
1.45 **Home and Away** (S)(R)(AD)
2.15 FILM PREMIERE **Mummy's Stolen Memories** Suspense thriller starring Tammin Sursok and Nathanael Vass. (S) (2023, PG, 87min) ★★★
4.00 **Bargain-Loving Brits in the Sun** Following a couple who run a candle-making business from their home in Benidorm. (S)(R)
5.00 **News** (S)
6.00 **Eggheads** Sultans of Swing take on the quiz experts. (S)(R) **6.30** Leeds Roller Derby take on the Eggheads. (S)(R)
6.55 **News** (S)



9.00 The Child Snatcher: Manhunt

7.00 Traffic Cops The eight members of Derbyshire's Road Crime Team set out to intercept a car suspected of being used in drug deals. (S)(R)
7.55 **News** (S)

8.00 Police Interceptors New edition In Newark, officers Jon and Dan stop a car suspected of being stolen in a keyless theft – but the officers also discover something unsavoury in one of the suspects' bags. (S)

9.00 NEW SERIES **The Child Snatcher: Manhunt** 1/2. The story of one of the UK's largest murder investigations, with police hunting for a serial killer who preyed on young girls. (S)
■ Concludes tomorrow

10.00 999: Emergency Call Out 1/10. Units respond to a car rolling in the middle of a residential area, a stabbing in the victim's own home, and a man who has fallen and is unable to move in a 80-acre nature reserve. (S)(R)

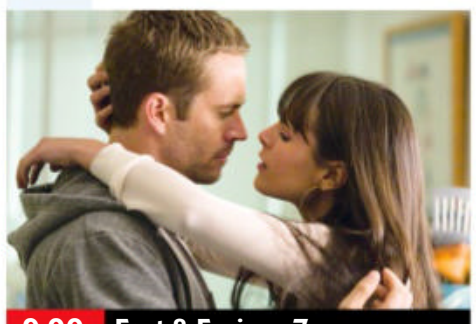
11.05 **999: Critical Condition** (S)(R)
12.05 AM **Police Interceptors** (S)(R)
1.00 **Teleshopping** (S)
3.00 **Sainsbury's: 150 Years on the High Street** (S)(R)
3.45 **Britain's Biggest Mosque** Baitul Futuh mosque in Morden. (S)(R)
4.35 **Wildlife SOS** (S)(SL)(R)
5.00 **House Doctor** (S)(SL)(R)
5.20 **to 5.25** AM **Entertainment News** (S)

+1 hour 205 | 305 | 38 | 128

SKY SHOWCASE

106 106 806 | 109 | 340 355

6.00 AM **The Early Rundown**
7.00 **Kay Burley**
8.00 **Monkey Life** (S)(R)
9.00 **Nothing to Declare** (S)(R)
10.00 **The Flash** 20/23. (S3) (S)(R)
11.00 **NCIS: New Orleans** (S7) (S)(R)
1.00 PM **Hawaii Five-0** (S7) (S)(R)
2.00 **MacGyver** 6/15. (S5) (S)(R)
3.00 **The Equalizer** 3/18. (S3) (S)(R)
4.00 **A League of Their Own** (S)(R)
5.00 **The Simpsons** (R)
5.30 **American Auto** 5/10. The group travel to Iowa. (S)(R) **6.00** 6/10. The team reshoot a commercial. (S1) (S)(R)
6.30 **The Simpsons** *Jaws Wired Shut:* Homer has his jaw wired shut and discovers the joys of listening – but Marge finds it hard to come to terms with his unusual silence. (S)(R)



9.00 Fast & Furious 7

7.00 The Simpsons *Half-Decent Proposal:* Marge's former boyfriend makes Homer an offer he cannot refuse. (S)(R) **7.30** *The Bart Wants What It Wants:* Bart falls for Rainier Wolfcastle's daughter. (S)(R)

8.00 Fast & Furious: Greatest Moments Refuelled Fans' favourite moments from the film franchise, as well as interviews with stars of the series and a few famous admirers. (S)(R)(AD)

9.00 FILM **Fast & Furious 7** Action thriller sequel starring Vin Diesel and Paul Walker. A rogue special-forces assassin seeks revenge against Dom, Brian and their crew for putting his brother in a coma. With Dwayne Johnson, Jason Statham, Michelle Rodriguez and Jordana Brewster. (S)(AD) (2015, 12, 132min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

11.30 **Superpowered: DC Story** 3/3. The company look to give a voice to under-represented characters. (R)
12.35 AM **Road Wars** Officers chase a drug dealer on the M5. (S)(R)
1.35 **Caught on Dashcam** (S)(R)
2.30 **Road Wars** (R)
3.00 **Hawaii Five-0** (S7) (S)(R)
4.00 **MacGyver** 6/15. (S5) (S)(R)
5.00 **to 6.00** AM **The Early Rundown**

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky **964**, Virgin **862**, Freesat **964**
No variations

N. IRELAND
Sky **966**, Virgin **863**, Freesat **966**
8.00pm A Stitch Through Time New edition (S) **8.30-9.00** Panorama New edition (S) **10.40** True North (S)(R) **11.10** Have I Got News for You (S)(R) **11.40** The Hit List (S)(R) **12.30-6.00am** BBC News

WALES
Sky **965**, Virgin **864**, Freesat **965**
7.00-7.30pm Iolo's Borderlands (S)(R) **10.40** Rewind: 60 Years of Welsh Pop (S)(R) **11.10** Have I Got News for You (S)(R) **11.40** The Hit List (S)(R) **12.25-6.00am** BBC News

BBC1 North/NE/NW/ YORKSHIRE/ LINCOLNSHIRE
Sky **954/952/953/955**, Freesat **954/952/953/955**
10.40-11.10pm The Super League Show (S)

BBC2

N. IRELAND
Sky **969**, Freesat **969**
10.00-10.30pm Trad Ar Fad! (S)(R)

WALES
Sky **968**, Freesat **968**
No variations

ITV1

No variations

S4C

Sky **134**, Virgin **164**, Freesat **120**
6.00am Cyw **9.30** Eisteddfod Genedlaethol Cymru New edition **12.00noon** Newyddion S4C a'r Tywydd **12.05pm** Eisteddfod Genedlaethol Cymru New edition **2.00** Newyddion S4C a'r Tywydd **2.05** Eisteddfod Genedlaethol Cymru New edition **4.00** Eisteddfod Genedlaethol Cymru New edition **6.15** Ffilmiau Ddoe **6.20** Ffilmiau Ddoe **6.30** Colleen Ramsey: Bywyd a Bwyd **6.57** Newyddion S4C **7.00** Heno o'r Steddfod New edition **7.30** Newyddion S4C a'r Tywydd **8.00** Eisteddfod Genedlaethol Cymru New edition **9.25** Newyddion S4C a'r Tywydd **9.30** Ralio+ **10.00** Y Llinell Las **10.35** Y Babell Lên New edition **11.35pm-1.05am** Eisteddfod Genedlaethol Cymru

TV&Satellite week
New issue on sale tomorrow

BBC3

115/117/121 | 107/157 | 23 107 | 179 | 107

BBC3 programmes start at 7.00pm

7.00 PM LIVE **Cycling: World Championships** Coverage of day five of the annual World Track Championships staged at the Sir Chris Hoy Velodrome in Glasgow.
9.00 **The Catch Up**
9.05 **MOTD: Women's World Cup Highlights** Action from the fifth and sixth last-16 matches.
9.30 **Ruck Stars** Documentary following the Under 18 academies of two of the biggest teams in world rugby.
10.00 **Dreaming Whilst Black** New episode 5/6. Kwabena struggles to impress jurors in his development scheme. **10.25** Series finale 6/6. The screening of Kwabena's film is a huge success, but angers Uncle Claude. (S1)
■ Entire series on BBC iPlayer
10.50 **Starstruck** 4-6/6. (S1)
12.00 M'T **Ruck Stars** As 9.30pm.
12.30 AM **Go Hard or Go Home**
1.30 **Starstruck** 4-6/6. (S1)
2.40 **Mobility** Comedy short.
2.50 **to 3.50** AM **Dreaming Whilst Black**

BBC4

116 116 | 107/108 | 9/24 106 | 108

BBC4 programmes start at 7.00pm

7.00 PM **Great American Railroad Journeys** Michael Portillo travels from St Louis to Jefferson City.
8.00 **Treasures of the Indus** Sona Datta explores the development of Hinduism.
9.00 **My Family, Partition and Me: India 1947** 1/2. British families who lived in India at the time of Partition.
10.00 **Shadow of Truth** New editions 3/5. The suspicion for Tair Rada's murder shifts to teenagers, and rumours of a conspiracy spread on social media. **10.30** 4/5. Six years on from the murder of Tair Rada, a mysterious witness comes forward with new information regarding the case, and his story changes everything.
11.15 **Catching History's Criminals: The Forensics Story** Documentary.
12.15 AM **The Ascent of Man**
1.55 **Great American Railroad Journeys** As 7.00pm.
2.55 **to 3.55** AM **Treasures of the Indus**

MORE4

136/137 831 | 147 | 18 | 124

8.55 AM **Kirstie's House of Craft** Slogan banners.
9.15 **A Place in the Sun**
10.05 **A New Life in the Sun: Road Trip** Documentary.
11.05 **Find It, Fix It, Flog It**
1.10 PM **Heir Hunters**
3.10 **Four in a Bed**
5.50 **The Secret Life of the Zoo** Two of the spider monkeys withdraw from their family.
6.55 **The Dog House** New edition A greyhound gets a fresh start after a hard start as a racing dog.
7.55 **Grand Designs** Kevin McCloud follows the progress of musician Toby as he sets out to build a house wrapped around an ancient oak tree in rural Suffolk.
9.00 NEW SERIES **Remarkable Places to Eat** Celebrities take Fred Sirieix to experience dining at their favourite restaurants. In the first edition, Fred and Dermot O'Leary explore Puglia's food culture.
10.00 **World's Most Secret Hotels** Incldng a hotel on the banks of the Timor Rung River in Cambodia.
11.05 **24 Hours in A&E**
12.10 AM **Emergency Helicopter Medics**
1.15 **999: On the Front Line – Heart Attacks**
2.15 **24 Hours in A&E**
3.20 **to 3.50** AM **Food Unwrapped**

+1 hour 236/237 | 347 | 125

E4

135/136 830 | 106 | 13 | 122

6.00 AM **Hollyoaks**
7.00 **Ramsay's Kitchen Nightmares USA**
9.00 **Young Sheldon**
10.00 **Brooklyn Nine-Nine**
11.00 **Modern Family**
12.00 NOON **The Big Bang Theory** (S10&6)
2.00 PM **The Neighborhood**
3.00 **Modern Family**
4.00 **Young Sheldon**
5.00 **The Big Bang Theory**
7.00 **Hollyoaks** Felix finds himself in a web of lies.
7.30 **Young Sheldon** 1/22. Pilot episode of the prequel to *The Big Bang Theory* starring Iain Armitage. (S1)
8.00 **Taskmaster Bleeped** 1/10. In a family-friendly edited version of the show, host Greg Davies sets tasks to Dara Ó Briain, Fern Brady, John Kearns, Munya Chawawa and Sarah Millican.
9.00 **Gogglebox** Opinions on *Freeze the Fear with Wim Hof, Britain's Got Talent* and *The Thief, His Wife and the Canoe.*
10.05 **Naked Attraction's Best Naughty Bits** A look back at some of the biggest and best characters.
11.05 **Gogglebox**
12.10 AM **First Dates**
1.10 **Impractical Jokers**
2.05 **Gogglebox**
3.05 **The Big Bang Theory**
3.50 **Brooklyn Nine-Nine**
4.45 **to 6.00** AM **Black-ish**

+1 hour 235/236 | 306 | 30 | 123

Monday primetime

MONDAY Entertainment

Monday

Sky Witness

107 107 807 | 110 | 341 356

6.00 AM **Air Ambulance ER**
7.00 **Border Security: Canada's Front Line** Double bill.
8.00 **Border Patrol**
10.00 **Stop, Search, Seize**
11.00 **The Rookie** 11/22. (S4)
12.00 NOON **FBI: Most Wanted** (S1)
1.00 PM **FBI: International** (S1)
2.00 **Blue Bloods** 5/16. (S11)
3.00 **The Equalizer** 3/18. A widow believes her dead husband is trying to kill her from beyond the grave. (S3)
4.00 **Nothing to Declare**

8.00 Blue Bloods

7 PM
7.00 **Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.
8 PM
8.00 **Blue Bloods** *The New Normal:* 6/16. Frank deals with a police captain who is losing his grip over his precinct. (S11)
9 PM
9.00 **Law & Order: Special Victims Unit** New episode *Blood Out:* 12/22. Carisi and Benson put a crime boss on trial. (S24)
10 PM
10.00 **Bull** *Bedside Manner:* 6/23. A surgeon with a God complex looks set to leave a bad impression on his jury. (S1)
11.00 **New Amsterdam** (S4)
12.00 M'T **The Equalizer** 2/18. (S3)
1.00 AM **The Good Doctor** 15/22. **2.00** New episode 16/22. (S6)
3.00 **Law & Order: Organized Crime** New episode (S3)
4.00 **Stop, Search, Seize**
5.00 **to 6.00** AM **Air Ambulance ER**

+1 hour 207 310

Sky Atlantic

108/109 108/109 808 | 342 357

6.00 AM **Richard E Grant's Hotel Secrets** Double bill.
7.55 **Boardwalk Empire** (S2)
10.05 **The Sopranos** 6&7/21. (S6)
12.15 PM **Game of Thrones** (S1)
1.20 **Britannia** 4&5/10. (S2)
3.30 **Boardwalk Empire** 11/12. Nucky tries to prepare Margaret for the worst. **4.40** 12/12. Nucky's future is decided in court. (S2)
5.45 **The Sopranos** 8/21. AJ causes problems for his family. **6.50** 9/21. Paulie organises the Feast of St Elzear. (S6)

9.00 Winning Time: The Rise...

7.55 **Game of Thrones** *Baelor:* 9/10. Ned faces a fateful decision to save Sansa's life, and Robb seeks to prove himself in combat. (S1)
9.00 **NEW SERIES Winning Time: The Rise of the Lakers Dynasty** *One Ring Don't Make a Dynasty:* 1/7. Return of the basketball comedy drama. (S2)
10.25 **Euphoria: F*** Anyone Who's Not a Sea Blob** 10/10. Feature-length special of the drama. (S1)
11.25 **Billions** 4/12. Chuck makes a bold move for his career. (S4)
12.35 AM **Mildred Pierce** 2/5. The single mother falls for a stranger on the beach. (S1)
1.55 **Game of Thrones** (S1)
4.05 **to 6.00** AM **Richard E Grant's Hotel Secrets**

+1 hour 208/209

Sky Max

113/114 113/114 | 111 | 346 361

6.00 AM **Stargate Atlantis** (S2)
8.00 **Supergirl** 15/23. (S3)
9.00 **DC's Legends of Tomorrow**
10.00 **The Flash** 20/23. (S3)
11.00 **NCIS: New Orleans** (S7)
1.00 PM **Hawaii Five-0** (S7)
2.00 **MacGyver** 6/15. (S5)
3.00 **DC's Legends of Tomorrow**
4.00 **Supergirl** 16/23. (S3)
5.00 **The Flash** 20/23. (S3)
6.00 **Stargate Atlantis** 1/20. Part two of two. Dr McKay and Ronon are captured by Wraith hive ships. (S3)

9.00 COBRA

7.00 **Stargate Atlantis** *Misbegotten:* 2/20. Danger develops when Wraith PoWs start to regain their identities. (S3)
8.00 **Rob & Romesh vs Crufts** Dog owners Rob Beckett and Romesh Ranganathan enter their pets in Crufts.
9.00 **COBRA** 2/6. Sutherland and his team work around the clock an attempt to restore power across the nation. (S1)
10.00 **The Swarm** 6/8. Johanson starts to suspect an unknown marine intelligence is behind the results. (S1)
11.00 **The Force: North East** The cells fill up during a busy Saturday night in Newcastle.
12.00 M'T **Road Wars** Double bill of the crime documentary.
2.00 AM **Caught on Dashcam**
3.00 **Hawaii Five-0** 22/25. (S7)
4.00 **MacGyver** 6/15. (S5)
5.00 **to 6.00** AM **Bondi Rescue**

ITV2

118 118 816 | 115 | 6 | 113

6.00 AM **World's Funniest Videos**
6.35 **Totally Bonkers Guinness World Records**
7.00 **Dress to Impress**
8.00 **One Tree Hill** 19/22. (S7)
9.00 **Dawson's Creek** 23/23. (S3)
10.00 **Secret Crush**
11.00 **Dress to Impress**
12.00 NOON **Dinner Date**
1.00 PM **Family Fortunes**
2.00 **Chuck** 6/13. (S5)
3.05 **One Tree Hill** 20/22. (S7)
4.00 **Dawson's Creek** 1/23. (S4)
5.00 **Dinner Date**

6.00 The Half-Blood Prince

6.00 **FILM Harry Potter and the Half-Blood Prince** Fantasy sequel starring Daniel Radcliffe. Harry Potter attempts to gain crucial information about the past of dark wizard Lord Voldemort. (2009, 12, 153min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
9.00 **NEW SERIES Family Guy** 1/20. Peter pays homage to three stories. (S21)
9.30 **NEW SERIES American Dad!** 1/22. Francine and Roger get on reality TV. **10.00** New episode 2/22. Roger's persona helps Stan. (S18)
10.30 **Family Guy** 20/22. (S8)
11.00 **Family Guy** 21/22. A *Star Wars*-themed story. (S8)
11.30 **American Dad!** (S10)
11.55 **The Stand Up Sketch Show**
12.55 AM **Iain Stirling's CelebAbility** Game show.
1.45 **Celebrity Karaoke Club**
2.45 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114

ITV3

119 119 817 | 117 | 10 | 115

6.00 AM **Classic Emmerdale**
7.00 **Classic Coronation Street**
8.05 **Never the Twain**
9.15 **The Royal** Double bill.
11.35 **Heartbeat**
1.45 PM **Classic Emmerdale**
2.45 **Classic Coronation Street**
3.50 **A Touch of Frost** *Unknown Soldiers:* An armed thug takes Detective Frost hostage.
6.00 **Heartbeat** *Wrecked:* Bellamy is subjected to a series of attacks, and Walker begins to suspect that a released prisoner may be involved.

8.00 Endeavour

7.00 **Heartbeat** *Say It with Flowers:* Merton and Walker investigate a security van raid in Ashfordly.
8.00 **Endeavour** *Lazaretto:* Morse is assigned to protect an informant who is undergoing emergency surgery, and becomes fixated on a series of mysterious deaths that have occurred recently in the hospital.
10.00 **Law & Order: UK** *Line Up:* 5/7. The team investigate footage showing a teenager being attacked and shot. (S6)
11.00 **Unforgotten** 1/6. (S2)
12.05 AM **The Royal** *Busman's Holiday:* A double-decker bus crashes down a bank. **1.05** *In the Air:* Matron reaches the end of her tether when her niece turns up late.
2.10 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 59 116

BBC Scotland

SCOT 115 108 9 106 106
REST OF UK 187 162 110

12.00 NOON **This Is BBC Scotland**
2.00 PM **Sign Zone: Beechgrove Garden**
2.30 **Sign Zone: Designing the Hebrides**
3.00 **Sign Zone: Highland Cops** Documentary.
4.00 **This Is BBC Scotland**
7.00 **Beechgrove Garden**
7.30 **Wild Cameramen at Work** 2/4. Footage of the rarest species on land.
8.00 **Scotland from the Sky** 2/3. A look at how the Scottish landscape has influenced sport.
9.00 **The Nine**
10.00 **River City** New episode Amber talks to Stevie about her past.
10.30 **Janey and Ashley Get a Real Job** Series finale 4/4. Janey and Ashley work at an airport.
11.00 **Des Doesn't Do... Art** Des Clarke gets creative.
11.30 PM **to 12.00** M'T **Burnistoun**

Sky Comedy

114/115 | 112 | 347 362

8.00 AM **Sort Of** (S1)
9.00 **Entourage** (S2)
10.00 **The Conners** (S1)
11.00 **Bloods** 7/10. (S2)
11.30 **Veep** 6&7/10. (S2)
12.50 PM **How to Make It in America** 5/8. (S1)
1.30 **Entourage** (S2)
2.30 **Fresh Prince of Bel Air**
3.30 **The Conners** (S1)
4.30 **Sort Of** 6&7/8. (S1)
5.30 **American Auto** (S1)
6.00 **Will & Grace** (S8)
7.00 **The Fresh Prince of Bel Air** 22/24. Will tries stand-up comedy. **7.30** 23/24. Will and his cousins reminisce. (S3)
8.00 **The Office (US)** 21/22. Michael takes over conflict resolution duties. **8.30** 22/22. Michael hosts a casino night. (S2)
9.00 **Ricky Gervais: Politics**
10.30 **The Comeback** (S2)
12.05 AM **Sex and the City**
1.20 **Hello Ladies** (S1)
2.40 **Sort Of** 2&3/8. (S1)
3.40 **to 5.00** AM **Veep**

Sky Arts

130/131 140 123 | 11 | 147 365

6.00 AM **Arts Uncovered**
6.15 **The Royal Ballet in Cuba**
8.00 **Watercolour Challenge**
9.00 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **Discovering: Jane Fonda**
12.00 NOON **Joy of Painting**
1.00 PM **Tales of the...**
2.00 **Watercolour Challenge**
3.00 **Classic Literature & Cinema** Adventures.
4.00 **Discovering: Peter Finch**
5.00 **Tales of the Unexpected**
6.00 **Hitchcock Presents**
7.00 **Joy of Painting**
8.00 **Andre Rieu: Roses from the South**
10.00 **Pavarotti: A Voice for the Ages**
11.15 **The Art of Architecture**
12.15 AM **The Art of Australia**
1.30 **Danai Gurira: Off Camera**
2.45 **Punchdrunk: Behind the Mask** Documentary.
3.45 **National Trust: National Treasures**
5.00 **Auction: David Bowie**
5.30 **to 6.00** AM **Auction**

Pick

151 | 135 | 36 | 144

7.00 AM **Border Security: America's Front Line**
8.00 **Nothing to Declare**
9.00 **Motorway Patrol**
10.00 **Highway Cops**
11.00 **Highway Patrol**
12.00 NOON **Motorway Patrol**
1.00 PM **Border Patrol**
2.00 **Border Security: America's Front Line**
3.00 **Nothing to Declare**
4.00 **Warehouse 13** (S2)
5.00 **Quantum Leap** (S1)
6.00 **Merlin** 3/13. (S2)
7.00 **Star Trek: Voyager** (S6)
8.00 **NCIS: New Orleans** (S6)
9.00 **World's Most Evil Killers** Joshua Wade.
10.00 **Grimm** 6/13. (S6)
11.00 **Snapped** A woman is found dead in her home.
12.00 M'T **Killer in My Village**
1.00 AM **The Force: North East** Documentary.
2.00 **UK Border Force**
3.00 **Highway Patrol**
4.00 **Motorway Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Be

131/132 | 119 | 28 | 119

7.00 AM **Sam and Billie: The Mummy Diaries**
8.00 **Buying and Selling**
9.00 **LittleBe**
12.00 NOON **Sugar Showdown**
12.25 PM **Real Housewives of Beverly Hills**
1.20 **Sam and Billie: The Mummy Diaries**
2.20 **The Only Way Is Essex**
3.05 **Dinner Date**
4.05 **The Real Housewives of Atlanta** Reality series.
5.00 **The Real Housewives of Orange County**
6.00 **Masters of Flip**
7.00 **Buying and Selling**
8.00 **Jane the Virgin** New episode 2/17. (S4)
9.00 **The Real Housewives of Miami** Reality series.
10.00 **NEW SERIES Love Island USA** America's favourite tropical villa is open for business.
11.40 PM **to 1.00** AM **Ready to Mingle**

+1 hour 319 58

GREAT! tv

157 | 170 | 50 | 142

6.00 AM **Sue Thomas: F.B.Eye** (S1&2)
8.00 **Highway to Heaven**
9.00 **Danielle Steel's Zoya** 1/2. Romantic drama.
11.00 **Castle** 17&18/24. (S5)
1.00 PM **Sue Thomas: F.B.Eye** 10&11/19. (S2)
3.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
7.00 **M*A*S*H** 8-11/25. (S5)
9.00 **Randall and Hopkirk (Deceased)** *Murder Ain't What It Used to Be:* 7/26. The ghost of a notorious gangster settles old scores. (S1)
10.00 **The Persuaders!** *The Gold Napoleon:* 2/24. Coins from the age of Napoleon attract suspicion. (S1)
11.00 **Return of the Saint**
12.00 M'T **M*A*S*H** (S5)
2.00 AM **Randall and Hopkirk (Deceased)**
3.00 **to 3.50** AM **The Persuaders!**

+1 hour 257 62 143

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 120 818 118 26 117

6.00 AM **Minder**
7.05 **The Sweeney**
8.05 **The Champions**
9.15 **Robin of Sherwood**
10.20 **Magnum, PI**
11.20 **Made in Britain**
12.25 PM **The Champions**
1.30 **Robin of Sherwood**
2.40 **Magnum, PI**
3.45 **The Sweeney**
4.50 **Minder** Arthur's plans to rig a quiz night go awry.
6.00 **Extreme Salvage Squad** Marine salvage and rescue.

11.05 **Death Wish V**

6.55 **BattleBots** New edition The UK's legendary hammer-bot Beta makes its return sporting a redesigned weapon.
8.00 **MotoGP Highlights** Action from the British Grand Prix, the ninth round of the season, staged at Silverstone.
9.00 FILM **Rambo: First Blood Part II** Adventure sequel starring Sylvester Stallone. Vietnam vet John Rambo returns to the jungles of South East Asia on a mission to rescue American PoWs. (1985, 15, 96min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
11.05 FILM **Death Wish V: The Face of Death** Thriller sequel starring Charles Bronson as a vigilante seeking revenge. (1993, 15, 91min) ★
1.00 AM **Motorsport UK**
2.00 **Lost Car Rescue**
2.50 **to 3.00** AM **Unwind with ITV**

+1 hour 220 318 60 118

Sky Sci-Fi

139/140 836 122 348 363

6.00 AM **Merlin** 11/13. (S2)
7.00 **The Outpost** 13/13. (S3)
8.00 **Teleshopping**
11.00 **Pandora** 4/10. (S2)
12.00 NOON **Star Trek: The Next Generation** 8&9/26. (S3)
2.00 PM **Merlin** 11/13. (S2)
3.00 **Pandora** 4/10. (S2)
4.00 **Stargate SG-1** 1/22. (S1)
5.00 **Stargate Atlantis** 20/20. (S1)
6.00 **Star Trek: The Next Generation** 8/26. Troi falls in love with a handsome Chrysalian delegate. (S3)

9.00 **From**

7.00 **Star Trek: The Next Generation** *The Vengeance Factor:* 9/26. The crew mediate in a violent dispute. (S3)
8.00 **Star Trek: Voyager** *Warhead:* 25/26. The crew try to block a deadly weapon that utilises artificial intelligence. (S5)
9.00 **From** *Tether:* 3/10. Kenny and Ellis make a grisly discovery, while Boyd struggles to deal with what is happening to him.
10.00 **From** *This Way Gone:* 4/10. As Boyd's condition grows more alarming, Sara's return puts him in a difficult position. (S2)
11.00 **True Blood** 11/12. Bill tries to get advice from the vampire queen of Louisiana. **12.10** AM 12/12. Sookie is forced to be Maryann's maid of honour. (S2)
1.20 **Monstrous** 3&4/6. (S1)
3.00 **Star Trek: Voyager** (S5)
4.00 **to 6.00** AM **Star Trek: The Next Generation**

Alibi

109/110 809 114 343 358

7.15 AM **Murdoch Mysteries** (S11)
9.00 **Deception** 3/13. (S1)
10.00 **Hudson & Rex** 8/16. (S1)
11.00 **Without a Trace** 12/23. (S1)
12.00 NOON **The Doctor Blake Mysteries** 8/10. (S2)
1.00 PM **Death in Paradise** (S1)
2.00 **Murdoch Mysteries** (S11)
4.00 **Deception** 3/13. (S1)
5.00 **Hudson & Rex** 8/16. (S1)
6.00 **Without a Trace** 12/23. A pregnant woman who is being abused by her husband absconds from hospital. (S1)

10.00 **Evil**

7.00 **Person of Interest** *Lady Killer:* 3/23. The Machine helps Root try to escape from the psychiatric hospital (S3)
8.00 **Death in Paradise** *Arriving in Paradise:* 1/8. First episode of the detective drama starring Ben Miller.
9.00 **Death in Paradise** *Wicked Wedding Night:* 2/8. A bride is killed with a spear gun just hours after getting married. (S1)
10.00 **Evil** New episode *The Demon of Sex:* 3/13. Sister Andrea helps to fix a demonically possessed marriage. (S3)
11.00 **Person of Interest** As 7pm.
12.00 M'T **Hudson & Rex** 8/16. A reviled restaurateur's food truck explodes, killing an employee. (S1)
1.00 AM **Deception** 3/13. (S1)
2.00 **Murdoch Mysteries** (S11)
2.55 **to 4.00** AM **Limetown**

+1 hour 209/210 314

GOLD

110/111 110/111 124 344 359

7.25 AM **Highlights**
9.20 **Are You Being Served?**
10.00 **Still Open All Hours**
10.40 **Last of the Summer Wine**
12.00 NOON **Keeping Up...**
12.40 PM **2point4 Children**
1.20 **Dad's Army**
2.00 **Still Open All Hours**
2.40 **Are You Being Served?**
3.20 **Last of the Summer Wine**
4.40 **Keeping Up Appearances**
5.20 **Are You Being Served?**
6.00 **The Good Life**
6.40 **Dad's Army**

8.45 **Miranda**

7.20 **Dad's Army** Pike borrows Mainwaring's new staff car to take his girlfriend to the cinema
8.00 **dinnerladies** Twinkle and Stan spoil Petula's plans for a peaceful Christmas.
8.45 **Miranda** A clothes shopping expedition ends in disaster for Miranda.
9.25 **Not Going Out** Lucy announces she is pregnant, causing Lee to wonder if he is the father.
10.00 **Live at the Apollo** Jack Whitehall introduces stand-up sets by Rich Hall and Katherine Ryan at the Hammersmith Apollo.
11.00 **dinnerladies** As 8pm.
11.45 **Miranda** As 8.45pm.
12.25 AM **The Fast Show** Unlucky Alf calls in the professionals.
1.00 **Not Going Out** As 9.25pm.
1.40 **Live at the Apollo**
2.30 **to 4.00** AM **Lenny Henry's Race Through Comedy**

+1 hour 210/211 324

Dave

111/112 127 19 157

7.10 AM **Yianni: Supercar Customiser** Double bill.
8.00 **Top Gear** The BMW X6.
9.00 **The Force: Behind the Line**
10.00 **Outback Pilots**
11.00 **Gino's Italian Escape**
12.00 NOON **Ultimate Movers**
1.00 PM **Cop Car Workshop**
2.00 **Top Gear** Double bill.
4.00 **Richard Osman's House of Games** With Michael Buerk.
4.40 **Room 101** With Jack Dee.
5.20 **Would I Lie to You?**
6.00 **Taskmaster** With Aisling Bea.

10.00 **Schitt's Creek**

7.00 **Richard Osman's House of Games** With YolanDa Brown and Joel Dommett. **7.40** Nish Kumar, Clara Amfo, Anneka Rice and Al Murray take part.
8.20 **Would I Lie to You? The Unseen Bits** Unseen material from the comedy panel show.
9.00 **QI XL** Josh Widdicombe, Cariad Lloyd and Paul Sinha join Alan Davies to answer Sandi Toksvig's questions on phenomena.
10.00 **Schitt's Creek** 5/13. Moira records a film audition. **10.30** 6/13. Johnny and Stevie pitch a deal to a nearby golf course. (S3)
11.00 **QI XL** With Sindhu Vee, Rhod Gilbert and Ed Byrne. **12.00** M'T With Joe Lycett.
1.00 AM **Mock the Week**
1.40 **Would I Lie to You?**
2.45 **Richard Osman's House of Games**
3.25 **to 4.00** AM **This Country**

+1 hour 211 327 57

7 PM **8 PM** **9 PM** **10 PM**

4seven

137/138 143 49 127

9.00 AM **Come Dine with Me**
11.30 **A New Life in the Sun: Where Are They Now?**
12.30 PM **A Place in the Sun: Home or Away**
2.30 **Sun, Sea and Selling Houses** Property series.
3.30 **Come Dine with Me** Parties in Brighton.
6.00 **A Place in the Sun**
7.00 **George Clarke's Old House, New Home** A dilapidated Georgian-style crescent house in Weston-super-Mare.
8.00 **Millionaire Hoarders** Experts sift through homes crammed with potential treasure.
9.00 **Alone** Survival series.
10.00 **Gogglebox**
11.05 **Sky Coppers**
12.05 AM **24 Hours in A&E**
1.10 **Confessions of a Cam Girl** Documentary.
2.15 **The Supervet: Noel Fitzpatrick**
3.15 **Celebrity Gogglebox**
4.15 **to 4.45** AM **Four in a Bed**

5USA

141/169 120/162 21 129

9.00 AM **NCIS** (S1)
11.55 **Entertainment News**
12.00 NOON **Law & Order**
6.00 PM **NCIS** *Vanished:* 3/23. A helicopter is discovered abandoned in a crop circle. **7.00** *Lt Jane Doe:* 4/23. The rape and murder of a woman revives harrowing memories for Ducky. **8.00** *The Bone Yard:* 5/23. An accident brings to light an area used by the Mafia to dump bodies. (S2)
9.00 **The Blacklist** *Eli Matchett (No. 72):* 3/23. The FBI agents uncover a global crisis and Cooper reaches out to a surprising ally. (S3)
10.00 **Law & Order: Special Victims Unit** (S19)
11.55 **NCIS** 14&15/24. (S14)
1.50 AM **Law & Order** (S7)
3.35 **to 4.00** AM **Criminals: Caught on Camera**

+1 hour 241 320 130

5STAR

128/129 126 32 131

8.00 AM **Rich Kids Go Skint**
9.00 **Bargain-Loving Brits in the Sun**
10.00 **Car Pound Cops: Give Me My Car Back!**
11.00 **Nightmare Tenants, Slum Landlords**
12.00 NOON **Traffic Cops**
2.00 PM **Police Interceptors**
5.00 **Dogs Behaving (Very) Badly** Documentary.
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts**
9.00 **Murdered for Revenge** New edition
10.00 **Making a Serial Killer** New edition
11.00 FILM **Robin Hood** Adventure. (2018, 12, 112min) ★★
1.25 AM **Adults Only: Escort Next Door**
2.20 **Home and Away**
2.45 **to 3.00** AM **Entertainment News**

+1 hour 228/229 326 141

5Action

150 130 33 132

9.00 AM **Trucking Hell**
10.00 **Traffic Cops**
10.55 **Police Interceptors**
11.55 FILM **Sitting Bull** Western starring Dale Robertson. (1954, U, 106min) ★★
2.05 PM FILM **Ten Seconds to Hell** Drama starring Jeff Chandler. (1960, b/w, PG, 93min) ★★
4.00 **Trucking Hell**
5.00 **Traffic Cops**
6.00 **Police Interceptors**
8.00 **Trucking Hell** A 44-ton gravel lorry careers off the A69.
9.00 FILM **The Transporter** Action thriller starring Jason Statham. (2002, 15, 90min) ★★★
10.50 FILM **The Bank Job** Fact-based crime thriller starring Jason Statham. (2008, 15, 107min) ★★★
1.05 AM **999: Criminals Caught on Camera**
2.00 **to 3.00** AM **Trucking Hell**

W

132/133 827 125 25 156

6.00 AM **Nigel Slater's Simple Cooking**
6.35 **Plate of Origin**
8.00 **Tipping Point**
10.00 NEW SERIES **The Block: Australia**
11.30 **Nigellissima**
12.00 NOON **Nigella's Christmas Table**
1.00 PM **Tipping Point**
4.00 **My Dream Home**
6.00 **Property Brothers: Forever Homes**
7.00 NEW SERIES **MasterChef Australia**
8.50 **Ambulance Australia** New edition
9.50 **999 Rescue Squad**
10.50 **Louis Theroux: Law & Disorder in Philadelphia**
12.10 AM **One Born Every Minute** Documentary.
1.20 **Bang on Budget**
2.10 **Rachel Khoo's Kitchen Notebook: Cosmopolitan Cook**
2.35 **to 3.00** AM **Inside the Ambulance**

+1 hour 232/233 325

Drama

143 116 20 158

7.15 AM **Pie in the Sky**
8.05 **Lovejoy**
9.15 **Classic Holby City**
10.35 **Casualty**
11.40 **The Bill**
12.40 PM **Classic EastEnders**
2.00 **The House of Eliott**
3.00 **Lovejoy**
4.10 **Peak Practice**
5.20 **Waiting for God**
6.00 **Whatever Happened to the Likely Lads?**
6.40 **Last of the Summer Wine** Double bill.
8.00 **The Brokenwood Mysteries** New episode *Nun of the Above:* 3/6. When a local nun is murdered, the team investigate a convent where all the sisters have secrets. (S9)
■ Full series on UKTV Play
10.00 **New Tricks**
11.20 **Silent Witness**
1.45 AM **Bleak House**
2.45 **to 4.00** AM **Classic Holby City**

+1 hour 243 316 60

MONDAY Entertainment

Monday

Really
142 128 17 160

6.00 AM **Fantasy Homes by the Sea** In Snowdonia.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
10.00 **The Bidding Room**
11.00 **Celebrity Antiques Road Trip** From Devon.
12.00 NOON **Money for Nothing** A green chair.
1.00 PM **A Place in the Sun**
2.00 **My 600lb Life**
3.00 **Say Yes... UK**
4.00 **Animal Cops**
5.00 **Helicopter ER**
6.00 **The Yorkshire Auction House** A new home for a collection of motorbikes.
7.00 **Antiques Road Trip**
9.00 **The Yorkshire Auction House** New edition
10.00 **The Repair Shop**
11.00 **Ghost Adventures**
12.00 M'T **Kindred Spirits**
1.00 AM **Ghost Adventures**
2.00 **Teleshopping**
4.00 **Animal Cops**
5.00 **to 6.00** AM **Dr Jeff: Rocky Mountain Vet**

Challenge
145 139 48 146

7.00 AM **The Chase**
10.00 **Catchphrase**
11.00 **Sign2Win**
12.00 NOON **Wheel of Fortune** Double bill.
1.00 PM **Family Fortunes**
2.00 **Classic Who Wants to Be a Millionaire?** Quiz.
3.00 **Strike It Lucky**
4.00 **Blockbusters**
5.00 **Bullseye** Double bill.
6.00 **Classic Who Wants to Be a Millionaire?** Quiz.
7.00 **Pointless Celebrities** With guests Tim Vine, Terry Alderton, Tracy-Ann Oberman and the Rev Richard Coles.
8.00 **The Chase** Double bill of the quiz show.
10.00 **Classic Who Wants to Be a Millionaire?** Big-money quiz show.
11.00 **Bullseye** Double bill.
12.00 M'T **Sign2Win**
1.00 AM **The Chase**
4.00 **Classic Who Wants to Be a Millionaire?**
5.00 **to 6.00** AM **Bullseye**

GREAT! action
323 426 42 305

6.00 AM **M*A*S*H** (S8)
6.30 **Wild West Chronicles**
7.30 **FILM Meteor Moon** Sci-fi. (2020, PG) ★★
9.25 **The Blitz on the North**
10.35 **Bombers of the Second World War**
11.30 **M*A*S*H** (S8)
12.00 NOON **Wild West...**
1.00 PM **FILM Face of a Fugitive** (1958, U) ★★
2.45 **FILM Boot Hill** Comedy. (1969, PG, 91min) ★★
4.45 **FILM A Walk in the Sun** War drama. (1945, b/w, U, 117min) ★★★
7.10 **FILM Ape vs Monster** Fantasy. (2021, 12) ★★
9.00 **FILM All the Pretty Horses** Western. (2000, 15, 118min) ★★
11.20 **FILM A Bullet Is Waiting** Drama. (1954, 12) ★★
1.05 AM **FILM Evasive Action** Thriller. (1998, 15) ★★
2.55 **to 4.00** AM **The Blitz on Hamburg**

+1 hour 324

GREAT! movies
321 425 34 302

9.00 AM **FILM A Family of Lies** Suspense thriller. (2018, PG, 90min) ★★
11.00 **FILM Woman on the Edge** Crime thriller. (2018, PG, 89min) ★★
1.00 PM **FILM Dear Diary, I Died** Crime thriller. (2016, PG, 90min) ★★
3.00 **FILM Air Collision** Action disaster movie. (2012, PG, 92min) ★
4.45 **FILM Paul Blart: Mall Cop** Comedy. (2009, PG, 91min) ★
6.50 **FILM Loophole** Drama. (1980, PG, 105min) ★★
9.00 **FILM Single White Female** Thriller. (1992, 18, 107min) ★★★★
11.15 **FILM The Road** Drama. (2009, 15) ★★★★
1.30 AM **FILM The Wedding Guest** Thriller. (2018, 15, 94min) ★★★
3.45 **to 6.00** AM **FILM Magic in the Water** Fantasy. (1995, PG, 101min) ★★

+1 hour 322 61

GREAT! romance
319 424 52 303

6.00 AM **FILM You May Kiss the Bridesmaid** Comedy. (2021, PG, 90min) ★★
8.00 **FILM Walking the Dog** Comedy. (2017, PG) ★★
10.00 **FILM 40 Below and Falling at Christmas** Comedy. (2015, PG) ★★
12.00 NOON **FILM As Gouda As It Gets** Comedy. (2020, PG, 90min) ★★
2.00 PM **FILM One Winter Proposal** (2019) ★★
4.00 **FILM Love, of Course** Comedy. (2018, PG) ★★
6.00 **FILM Cooking Up Love** Drama. (2020, PG) ★★
8.00 **FILM Sun, Sand and Romance** Drama. (2017, PG, 90min) ★★
10.00 **FILM Bridal Wave** Drama. (2015, PG) ★★
12.05 AM **FILM Sunrise in Heaven** (2019, PG) ★★
1.35 **FILM Hint of Love** Comedy. (2020, PG) ★★
3.05 **to 4.00** AM **Highway to Heaven**

+1 hr 320 63 304

Legend
148 149 41 137

8.00 AM **Walker, Texas Ranger** 4/26. (S3)
9.00 **The Prisoner** (S1)
10.00 **Star Trek: Deep Space Nine** 12/26. (S2)
11.00 **The Gambler: The Legend Continues**
3.00 PM **FILM Mother Lode** Adventure. (1982, 15, 101min) ★★
5.00 **Star Trek** 20/30. (S1)
6.00 **Star Trek: Deep Space Nine** 13/26. (S2)
7.00 **The Prisoner** (S1)
8.00 **Walker, Texas Ranger**
9.00 **FILM An Eye for an Eye** Crime thriller starring Chuck Norris. (1981, 15, 106min) ★
11.05 **FILM Death Trench** World War One horror with Rossif Sutherland. (2017, 18, 88min) ★★
12.55 AM **FILM Hostel** Horror starring Jay Hernandez. (2005, 18, 93min) ★★
2.45 **to 4.30** AM **FILM Prey** Adventure. (2018, 15, 85min) ★★★

DMAX
172 169 38 150

6.00 AM **Salvage Dawgs**
7.00 **Buying Alaska**
8.00 **Aussie Gold Hunters**
9.00 **Deadliest Catch**
10.00 **The Last Alaskans**
11.00 **Alaska: Last Frontier**
12.00 NOON **Alaska: Homestead Rescue**
1.00 PM **Outback Opal Hunters** Documentary.
2.00 **Gold Divers**
4.00 **Buying Alaska** New editions Double bill.
5.00 **Home Town**
6.00 **Aussie Gold Hunters**
7.00 **Alaska: Last Frontier**
8.00 **Deadliest Catch**
9.00 **The Teen Who Wants a Voice: Body Bizarre**
10.00 **Monsters Inside Me**
11.00 **Outback Opal Hunters**
12.00 M'T **Alaska: Homestead Rescue** Documentary.
2.00 AM **Teleshopping**
4.00 **Tanked**
5.00 **to 6.00** AM **Maine Cabin Masters**

+1 hour 258 369

Food Network
140/141 190 43 148

6.00 AM **Southern Kitchen**
7.00 **The Pioneer Woman**
8.00 **Magnolia Table**
9.00 **The Kitchen** New edition
10.00 **Korean Food Tour**
11.00 **Tom Kerridge...**
12.00 NOON **Great British...**
2.00 PM **James Martin's...**
3.00 **The Hairy Bikers' Chicken and Egg**
4.00 **Magnolia Table**
5.00 **Barefoot Contessa**
6.00 **James Martin's American Adventure**
7.00 **Great British Bake Off**
8.00 **Tom Kerridge Barbecues**
9.00 **Mary Berry's Quick Cooking**
10.00 **Zoe Bakes** New editions
11.00 **NEW SERIES BBQ USA**
12.00 M'T **Diners, Drive-Ins and Dives** Double bill.
1.00 AM **Restaurant: Impossible** In Keyport.
2.00 **to 3.00** AM **Follow Donal to Europe**

+1 hour 240/241 149

Comedy Central
112/113 132 345 360

8.00 AM **Most Ridiculous**
9.00 **The Middle** (S8&9)
11.00 **Home Improvement**
1.00 PM **Bob's Burgers**
1.30 **Friends** (S10)
7.00 **Friends** 15/18. Rachel worries about relocating to France. **7.30** 16/18. The gang throw a going-away party for Rachel. **8.00** 17&18/18. Last episode. Monica and Chandler wait for Erica to give birth. (S10)
9.00 **Jason Manford Live at the Manchester Apollo**
10.00 **Baddiel & Skinner Unplanned Live from London's West End**
12.00 M'T **Rhod Gilbert's Growing Pains**
1.00 AM **South Park** (S14)
2.30 **Beavis and Butt-Head**
3.00 **Key & Peele**
3.25 **Kevin Bridges: A Whole Different Story**
4.10 **to 5.00** AM **Friends**

+1 hour 212/213 332

Comedy Cen. Extra
127/128 154

6.00 AM **Criminally Funny**
7.00 **Teleshopping**
9.00 **Joel & Nish vs the World** From Tahiti.
10.00 **Takeshi's Castle**
10.55 **Friends** (S10)
1.10 PM **Impractical Jokers: Inside Jokes**
4.00 **The Middle** (S4)
7.00 **Home Improvement**
9.00 **Friends** 19/24. Rachel joins Joey on set. **9.30** 20/24. Joey decides to throw a party. **10.00** 21/24. Rachel sneaks into a spa. **10.35** 22/24. Monica and Chandler invite a potential sperm donor for dinner. (S9)
11.05 **Friends** (S9&10)
12.40 AM **The Middle** (S4)
2.00 **Criminally Funny**
3.00 **The Funniest Adverts on the Planet**
3.45 **Fugget About It** (S1)
4.30 **Ren & Stimpy Show**
5.15 **to 6.00** AM **Takeshi's Castle**

Blaze
164 174 64 162

6.00 AM **Hardcore Pawn**
6.50 **The UnXplained**
7.45 **Ancient Aliens**
9.40 **Strange Evidence**
10.40 **Curse of Oak Island**
11.40 **Storage Wars Canada**
12.10 PM **Storage Wars**
1.05 **Pawn Stars** Double bill.
2.05 **Hardcore Pawn**
4.00 **Ancient Aliens**
6.00 **The UnXplained**
7.00 **Storage Wars**
8.00 **Dickinson's Real Deal**
9.00 **Lost Relics of the Knights Templar** New edition The Knights Templar sword.
10.00 **Secrets in the Sky: The Untold Story of Skunk Works** Documentary.
12.00 M'T **Curse of Oak Island**
1.00 AM **The UnXplained**
2.00 **Barter Kings**
3.00 **Dickinson's Real Deal**
3.45 **Storage Wars Canada**
4.10 **American Restoration**
5.00 **to 6.00** AM **Pawn Stars**

+1 hour 81

5SELECT
153 138 46 133

9.00 AM **GPs: Behind Closed Doors** Documentary.
10.00 **The Yorkshire Vet**
12.00 NOON **Ben Fogle: New Lives in the Wild**
1.00 PM **Walking Wartime Britain** London.
2.00 **The Yorkshire Vet**
4.00 **Ben Fogle: New Lives in the Wild**
5.00 **Walking Wartime Britain** Hampshire.
6.00 **Inside the Tower of London** Documentary.
7.00 **Scotland: A Year in the Wild** Cameras focus on two white-tailed eaglets who are learning to fly.
8.00 **Secret Life of the Forest**
9.00 **Ben Fogle: New Lives in the Wild**
10.00 **The Frontier**
11.00 **World's Deadliest Weather** A tornado.
12.00 M'T **Forged in Fire**
1.55 AM **Inside the Tower of London** Documentary.
2.55 **to 3.00** AM **Entertainment News**

HGTV
158 191 44 166

7.00 AM **The Saved and...**
8.00 **Love Your Garden**
9.00 **A Place in the Sun**
10.00 **Escape to the Country**
11.00 **My Dream Derelict...**
12.00 NOON **My Lottery...**
1.00 PM **Good Bones**
2.00 **Flip or Flop**
3.00 **Love Your Garden**
4.00 **Escape to the Country**
5.00 **The Saved and Remade Workshop**
6.00 **A Place in the Sun**
7.00 **My Dream Derelict...**
8.00 **Your Home Made Perfect** From Brighton.
9.00 **First Time Fixer** New editions Double bill.
10.00 **Nate & Jeremiah Home Project** New edition
11.00 **Good Bones**
12.00 M'T **My Dream Derelict Home in the Sun**
1.00 AM **The Saved and...**
2.00 **Love Your Garden**
3.00 **to 4.00** AM **My Lottery Dream Home**

+1 hour 272 391 151

RealityXtra
147 172 68 134

9.00 AM **Medical Detectives**
11.00 **Murder by the Sea**
12.00 NOON **The Fugitive** (S4)
1.00 PM **48 Hours**
3.00 **Medical Detectives** An investigation into a blaze which killed a middle-aged woman. **3.30** A victim is poisoned with arsenic. **4.00** A look at how a reconstructive process brought a killer to justice. **4.30** A psychiatrist is brought in to distinguish fact from fiction.
5.00 **The Fugitive** *The Devil's Disciples:* 12/30. Kimble, rescued from a sheriff's posse by a motorcycle gang, is set up as a fall guy in a murder. (S4)
6.00 **Murder by the Sea**
7.00 **Judge Judy**
1.00 AM **Murder by the Sea**
2.00 **The Fugitive** (S4)
3.00 **48 Hours** Double bill.
4.45 **to 6.00** AM **Medical Detectives**

TLC
133/134 828 165

7.00 AM **My Lottery Dream Home** Double bill.
8.00 **Extreme Couponing**
9.00 **My Extreme Excess Skin**
10.00 **Dr Pimple Popper**
11.00 **My 600lb Life**
12.00 NOON **1000lb Sisters**
1.00 PM **Sister Wives**
3.00 **Outdaughtered: Busby Quints**
4.00 **I Didn't Know I Was Pregnant** Double bill.
5.00 **Dr Pimple Popper**
6.00 **My 600lb Life**
7.00 **I Am Jazz** New edition
8.00 **Doubling Down** New edition
9.00 **Dr Pimple Popper**
11.00 **Sister Wives**
12.00 M'T **Body Bizarre**
1.00 AM **Extreme Cheapskates**
2.00 **Dr Pimple Popper**
3.00 **Sister Wives**
4.00 **Doubling Down**
5.00 **to 6.00** AM **Extreme Cheapskates**

+1 hour 233/234 365

HorrorXtra
317 171 69 138

8.00 AM **FILM Heat Wave** Thriller. (2009, PG) ★★
10.00 **Farscape** 12/22. (S1)
11.00 **FILM Triassic Hunt** Action adventure. (2021, 15, 86min) ★★
1.00 PM **FILM The Last Sharknado: It's About Time** Sci-fi adventure. (2018, 15, 90min) ★★
3.00 **Farscape** 12/22. (S1)
4.00 **Battlestar Galactica**
5.00 **FILM Dark Skies** Thriller starring Shawn Roberts. (2009, 12, 90min) ★★
7.00 **Farscape** 14/22. (S1)
8.00 **Battlestar Galactica**
9.00 **FILM Itsy Bitsy** Fantasy starring Bruce Davison and Elizabeth Roberts. (2019, 15, 94min) ★★
10.55 **FILM The Burning** Horror with Leah Ayres and Brian Matthews. (1981, 18, 91min) ★★★
1.00 **to 3.00** AM **FILM Itsy Bitsy** As 9.00pm.

+1 hour 318 371 139

Sky Replay
152 156

7.00 AM **Sixth Sense with Colin Fry** Double bill.
8.00 **Four Weddings**
10.00 **UK Border Force**
11.00 **Stop, Search, Seize**
12.00 NOON **Bondi Rescue**
12.30 PM **The Real A&E**
1.00 **Inside RAF Brize Norton**
2.00 **Warehouse 13** (S3)
4.00 **Most Haunted**
6.00 **Supergirl** (S4)
8.00 **UK Border Force**
9.00 **Alphas** *Anger Management:* 4/12. The team track a rogue Alpha who has been causing riots (S1)
10.00 **Magnum P.I.** 7/20. (S5)
11.00 **The Blacklist** 7/22. (S10)
12.00 M'T **Brit Cops: Law & Disorder**
1.00 AM **Stop, Search, Seize**
2.00 **A League of Their Own**
3.00 **Duck Quacks Don't Echo** Lee Mack hosts.
4.00 **Four Weddings**
5.00 **to 6.00** AM **Sixth Sense with Colin Fry**

E!
159 159 835 160

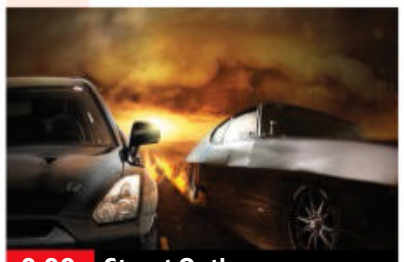
7.00 AM **Rich Kids of Beverly Hills**
8.00 **Keeping Up with the Kardashians**
10.00 **Jerseylicious**
11.00 **Hollywood Medium with Tyler Henry**
12.00 NOON **Botched**
1.00 PM **Kourtney & Kim Take Miami**
2.00 **Keeping Up with the Kardashians**
7.00 **Botched** Terry operates on a transgender woman's breast.
8.00 **Botched Presents: Perfect** Following three individuals who are seeking perfection.
9.00 **Keeping Up with the Kardashians** Double bill.
11.00 **Hollywood Medium with Tyler Henry**
12.00 M'T **Dr 90210**
1.00 AM **Rich Kids of Beverly Hills**
2.00 **Teleshopping**
3.00 **to 5.00** AM **Celebrity Game Face**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 823 177 320 325

6.00 AM **Wheeler Dealers**
7.00 **Deadliest Catch**
8.00 **Building Off the Grid**
9.00 **Alaska: The Last Frontier**
10.00 **How It's Made** Double bill.
11.00 **Wheeler Dealers**
12.00 NOON **Diesel Brothers**
1.00 PM **Hoffman Family Gold**
3.00 **Alaska: Homestead Rescue**
5.00 **Wheeler Dealers** Mike Brewer is on a mission to find and restore iconic cars.
6.00 **Diesel Brothers** Heavy D enters the crew in the Mint 400 Desert Race.



9.00 Street Outlaws

7.00 **Street Outlaws** Chuck and Ryan look back at some of the biggest rivalries on the 405 list.
8.00 **Alaska: The Last Frontier** A large bull moose stalks the homestead and Eivin must keep his family safe.
9.00 **Street Outlaws** New edition It is every racer for himself in the final rounds where the season's fastest races bring surprise wins, and it's a close finish for the $16,000 prize money.
11.00 **Naked and Afraid: Alone** Survivalist Ryan Holt goes solo in South Africa.
12.00 M'T **Expedition Bigfoot** The team explore a cave that could be Bigfoot's lair.
1.00 AM **Street Outlaws**
3.00 **Moonshiners**
4.00 **to 5.00** AM **Wheeler Dealers**

+1 hour 225/226 377

Animal Planet

162 178

8.00 AM **Animal Cribs**
9.00 **Dodo Heroes**
10.00 **Dogs 101**
11.00 **Alaska: Homestead Rescue**
12.00 NOON **Animal Cribs**
1.00 PM **Dodo Heroes**
2.00 **Animal Cribs**
3.00 **Dodo Heroes**
4.00 **Dogs 101** The perfect canine companions for active people.
5.00 **Alaska: Homestead Rescue** A homestead is at serious risk.
6.00 **Animal Cribs** Antonio reveals pet homes that have inspired his own creations.

9.00 Man-Eating Zombie Cats

7.00 **Dodo Heroes** The work of Ashley DiFelice, who runs Twist of Fate Farm and Sanctuary, where she rescues horses.
8.00 **Killer Whales** Examining killer whales' feeding behaviour, including flipping great white sharks and dolphin hunting.
9.00 **Man-Eating Zombie Cats** How a virulent and incurable pathogen is spreading around the world's cat population.
10.00 **Alaskan Bush People** The Browns face danger in the form of bears scavenging for food on Chichagof Island.
11.00 **Coyote Peterson: Brave the Wild** Wobbegong sharks. **11.30** A look at saltwater and freshwater crocodiles.
12.00 M'T **Tanked** With Pete Rose.
1.00 AM **Alaskan Bush People**
2.00 **Dogs 101** As 4.00pm.
3.00 **Alaska: Homestead Rescue**
4.00 **to 5.00** AM **Animal Cribs**

+1 hour 262 378

Nat Geographic

129/130 825 183

8.00 AM **Food Factory USA**
9.00 **Air Crash Investigation**
10.00 **Europe from Above**
11.00 **Supercars** The Corvette ZR1.
12.00 NOON **Car S.O.S**
1.00 PM **Wicked Tuna: North v South** A storm approaches.
2.00 **Air Crash Investigation**
3.00 **Hitler's Last Stand**
4.00 **Megafactories**
5.00 **Car S.O.S** A Jaguar XJ-S V12.
6.00 **Seconds from Disaster** The sinking of the Russian Navy's *Kursk* submarine while on military exercises in 2000.

8.00 To Catch a Smuggler

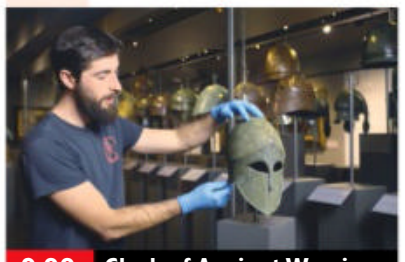
7.00 **Air Crash Investigation** The story of Corporate Airlines 5966, which crashed mysteriously in Missouri in 2004.
8.00 **To Catch a Smuggler** New edition Customs and Border Protection find $1 million worth of cocaine in a cargo truck.
9.00 **NEW SERIES Drug Lords: The Takedown** The story of how one mistake brought a Liverpool trafficker's empire down.
10.00 **Airport Security: Rome** A passenger without a visa may miss her honeymoon.
11.00 **Air Crash Investigation**
12.00 M'T **Inside 9/11**
1.00 AM **To Catch a Smuggler**
2.00 **Made in a Day**
2.30 **Bid & Destroy**
2.55 **Lords of War**
3.20 **Food Factory** Double bill.
4.10 **Exotic Animal ER**
4.35 **to 5.00** AM **Secrets of the Zoo: Keeper Tales**

+1 hour 229/230 383

Sky History

123/124 821 131 353 368

6.00 AM **Forged in Fire Armed Forces Tournament**
7.00 **Salvage Kings**
8.00 **American Pickers**
9.00 **Pawn Stars** Double bill.
10.00 **Shipwrecks: When History Resurfaces** *USS Corsica.*
11.00 **Secrets of the Viking Stone**
12.00 NOON **River Hunters**
1.00 PM **Salvage Kings**
2.00 **Cities of the Underworld**
3.00 **Swamp People: Serpent Invasion** Double bill.
5.00 **Pawn Stars**
6.00 **American Pickers**



9.00 Clash of Ancient Warriors

7.00 **Forged in Fire** The four smiths first have to make canister Damascus from tubes, before the final two create the Vajra-Mushti.
8.00 **Storage Wars Canada** Ursula tries her best to put up with her sister. **8.30** Temperatures and tempers hit boiling point.
9.00 **Clash of Ancient Warriors** New edition The Battle of Cannae, a major battle of the Second Punic War.
10.00 **Viking Dead** How a Viking ship discovered in 1904 continues to present archaeologists with mysteries to unravel.
11.00 **Colosseum** Ignatius refuses to pledge his allegiance.
12.00 M'T **Pawn Stars** Double bill.
1.00 AM **Storage Wars Canada**
2.00 **History's Greatest Mysteries**
3.00 **Swamp People: Serpent Invasion** Double bill.
5.00 **to 6.00** AM **American Pickers**

+1 hour 223/224 331

Yesterday

155 155 846 129 27 159

6.10 AM **Dame Shirley Bassey: A Celebration**
7.10 **Restoration Workshop**
8.00 **Abandoned Engineering**
10.00 **War Factories**
11.00 **The World at War**
12.00 NOON **Great American Railroad Journeys**
1.00 PM **Antiques Roadshow**
2.00 **Bangers & Cash**
4.00 **The World at War**
5.00 **War Factories** A look at the story of the GM Opel Blitz.
6.00 **Great British Railway Journeys Goes to Ireland**

7.00 Bangers & Cash

7.00 **Bangers & Cash** A Mini Cooper and Chevrolet pick-up truck arrive in Thornton le Dale.
8.00 **Retro Electro Workshop** Shamil buys a 1970s jukebox in need of repair, and Matt has his work cut out with a Kit Cat clock.
9.00 **Secrets of the London Underground** A visit to a fully-fitted fake London Underground station used to train new employees.
10.00 **Bangers & Cash** Dave heads to Manchester to pick up an Austin A30 and a Morris 8E that has had an unusual paint job.
11.00 **Abandoned Engineering** Concrete channels hidden in a mountaintop forest and a marooned military base.
12.00 M'T **Great British Railway Journeys Goes to Ireland**
1.00 AM **Restoration Workshop**
2.00 **to 3.00** AM **Forbidden History**

+1 hour 255 329 74

Monday

7 PM
8 PM
9 PM
10 PM

Quest

144 144 834 137 12 172

6.00 AM **How Do They Do It?**
6.30 **Shed and Buried**
7.00 **The Repair Shop**
8.00 **American Pickers**
10.00 **Chasing Classic Cars**
11.00 **Supertruckers**
12.00 NOON **How It's Made**
1.00 PM **The Repair Shop**
2.00 **Money for Nothing**
3.00 **Find It, Fix It, Flog It**
4.00 **Salvage Hunters**
5.00 **Salvage Hunters: The Restorers** Theatre lights.
6.00 **Wheeler Dealers**
7.00 **Outback Opal Hunters**
8.00 **Salvage Hunters**
9.00 **Hoffman Family Gold** Following miner Todd Hoffman as he turns around a distressed mine in Alaska.
10.00 **Gold Divers**
11.00 **How Do They Do It?**
12.00 M'T **Wheeler Dealers**
1.00 AM **Border Control: Europe**
2.00 **Supertruckers**
3.00 **Wheeler Dealers**
4.00 **to 5.00** AM **How It's Made**

+1 hour 244 337 70 168

Quest Red

149 168 40 169

6.00 AM **Say Yes to the Dress**
7.00 **Say Yes to the Dress: Lancashire** Reality series.
8.00 **Say Yes to the Dress**
10.00 **Disappeared**
11.00 **Forensic Detectives**
1.00 PM **The Big Swindle**
2.00 **Disappeared**
3.00 **Murder in the Heartland**
4.00 **Til Death Do Us Part**
5.00 **Say Yes to the Dress**
6.00 **Curvy Brides Boutique**
7.00 **Long Lost Family**
8.00 **The Murder Tapes** A 69-year-old man disappears.
9.00 **Murder on CCTV** A shooting that took place in a pawn shop.
10.00 **Who the (Bleep) Did I Marry?** Focusing on the story of former boxer Ramon Sosa.
11.00 **Britain's Deadliest Kids** The case of 15-year-old William Cornick, who stabbed his teacher, Ann Maguire, to death.
12.00 M'T **Forensic Detectives**
2.00 AM **Murder on CCTV**
3.00 **to 4.00** AM **FBI Files**

+1 hour 249 170

CBS Reality

146 148 67 135

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Medical Detectives** The flu-like symptoms of a mother and her children proved to be thallium poisoning. **7.30** Explosive experts investigate a bomb blast which injured a farmer's wife.
8.00 **48 Hours** Owners of the Station Nightclub open up about the fatal fire in 2003.
9.00 **The Truth About My Murder** Forensic pathologist Dr Richard Shepherd investigates the murder of Leslie Potter.
10.00 **Murder in Paradise** Detailing stories of dream getaways torn apart by murder.
11.00 **Ice Cold Killers** A look at the 1999 murder of Peyton Tuthill.
12.00 M'T **Fatal Vows**
1.00 AM **The Truth About My Murder** As 9.00pm.
2.00 **Murder in Paradise**
3.00 **48 Hours** As 8.00pm.
3.45 **Medical Detectives**
4.10 **to 6.00** AM **Judge Judy**

+1 hour 246 348 136

Sky Crime

122/123 820 121 349 364

6.00 AM **Highway Patrol**
7.00 **Motorway Patrol**
8.00 **Motorbike Cops**
9.00 **Nothing to Declare**
10.00 **Caught Red Handed**
11.30 **Border Patrol**
12.00 NOON **Killer in My Village**
1.00 PM **Forensics: Catching the Killer**
2.00 **Murders That Shocked the Nation** John Straffen.
3.00 **World's Most Evil Killers**
4.00 **Britain's Most Evil Killers**
5.00 **How I Caught the Killer**
6.00 **The Real Manhunter**
7.00 **World's Most Evil Killers**
8.00 **Britain's Most Evil Killers**
9.00 **Murder in Slow Motion: The Shana Grice Story**
10.00 **Twisted Killers**
11.00 **Killer in My Village**
12.00 M'T **World's Most Evil Killers**
1.00 AM **The Killer Within**
2.00 **Mark of a Serial Killer**
3.00 **Brit Cops: Frontline Crime UK**
4.00 **Road Wars** Double bill.
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 222/223 321

PBS America

174 187 84 155

8.15 AM **Who Was the Real Neanderthal?** Documentary.
9.20 **Napoleon** Documentary.
10.35 **Royal History's Biggest Fibs with Lucy Worsley**
11.50 **Three Days in June: The Story of the D-Day Forecast**
1.00 PM **Who Was the Real Neanderthal?** Documentary.
2.10 **Napoleon** Documentary.
3.25 **Royal History's Biggest Fibs with Lucy Worsley**
4.40 **Three Days in June: The Story of the D-Day Forecast**
5.50 **Who Was the Real Neanderthal?** Documentary.
6.55 **Napoleon** Documentary.
8.15 **Royal History's Biggest Fibs with Lucy Worsley** The myths around the Russian Revolution.
9.35 **Three Days in June: The Story of the D-Day Forecast** How the launch of D-Day was determined by a remote station.
10.45 **Napoleon** Documentary.
12.00 M'T **Royal History's Biggest Fibs with Lucy Worsley**
1.15 **to 2.00** AM **Beautiful Serengeti**

SKY HD SD | VIRGIN HD | FREEVIEW HD | FREESAT HD | BT HD

MONDAY

Monday

Sky Documentaries

121/122 819 188 352 367

6.00 AM **The Seventies**
7.00 **Discovering: Dustin Hoffman**
8.00 **The Directors**
9.00 **Janet Jackson**
10.00 **The Story of Late Night**
11.00 **The Good Fight Club**
12.00 NOON **FILM Bobby** Documentary celebrating the life and career of Bobby Moore. (2016, PG, 95min) ★★★★
2.00 PM **The Lawman**
3.40 **My Icon: Thierry Henry**
4.00 **The Directors**
5.00 **Discovering: Dustin Hoffman**
6.00 **Janet Jackson**
7.00 **The Story of Late Night**
8.00 **The Good Fight Club**
9.00 **Forced Out** The stories of people dishonourably discharged from the armed forces because of their sexuality.
11.00 **Superpowered: The DC Story**
12.00 M'T **Marathon: The Patriots Day Bombing** Documentary.
2.10 AM **The Fight**
4.10 **The Directors**
5.05 **to 6.00** AM **Discovering: Dustin Hoffman**

Sky Nature

124/125 822 189 354 369

6.00 AM **Wildlife ER**
7.00 **Monkey Life**
8.00 **Kenya Wildlife Diaries**
9.00 **Tales from Zambia**
10.00 **Great Blue Wild**
11.00 **Animal Empires**
12.00 NOON **Wild Survivors**
1.00 PM **Monkey Life**
2.00 **Kenya Wildlife Diaries**
3.00 **Tales from Zambia**
4.00 **Great Blue Wild**
5.00 **Animal Empires**
6.00 **Wild Survivors**
7.00 **Monkey Life**
8.00 **Wild Rockies** The balance between growth and destruction in the forest.
9.00 **Africa's Wild Horizons** Surviving in the Namib Desert.
10.00 **Animal Empires** The migration of various animals.
11.00 **Wild Survivors**
12.00 M'T **Africa's Claws and Jaws**
1.00 AM **Gangs of Baboon Falls**
2.00 **Wild Rockies** As 8.00pm.
3.00 **Africa's Wild Horizons**
4.00 **Kenya Wildlife Diaries**
5.00 **to 6.00** AM **Tales from Zambia**

Sky History 2

163 163 840 186

6.00 AM **Ancient Aliens**
8.00 **Auction Kings**
9.00 **Alien Files: Unsealed**
10.00 **Treasures Decoded**
11.00 **Ancient Aliens**
1.00 PM **Al Murray: Why Does Everyone Hate the English?**
2.00 **WWII's Most Daring Raids**
3.00 **Looting History**
5.00 **Cracking the Code**
6.00 **History's Greatest Mysteries**
7.00 **Treasures Decoded**
8.00 **The Proof Is Out There**
9.00 **Paranormal: Caught on Camera** A creature that preys on young children is seen entering a gated community. **10.00** A little boy poses with the ghost of his grandmother for a selfie video.
11.00 **Top Secret UFO Projects Declassified**
12.00 M'T **Ancient Aliens**
2.00 AM **Auction Kings**
3.00 **Colosseum**
4.00 **Al Murray: Why Does Everyone Hate the English?**
5.00 **to 6.00** AM **WWII's Most Daring Raids**

Crime+Investigation

156 156 837 133

6.00 AM **The First 48**
8.00 **Homicide Hunter**
9.00 **Killer in Plain Sight**
10.00 **Meet, Marry, Murder**
11.00 **Cruise Ship Killers**
12.00 NOON **Buried in the Backyard**
1.00 PM **The Real Murders of Atlanta** Crime series.
2.00 **Exhumed: Killer Revealed**
3.00 **Snapped**
4.00 **Nightmare in Suburbia**
5.00 **Homicide Hunter**
6.00 **The First 48**
8.00 **Sunshine Slayings**
9.00 **NEW SERIES Murder Detective** Former Surrey Police detective Graham Hill explains criminal investigations.
10.00 **999: Killer on the Line**
11.00 **Cruise Ship Killers**
12.00 M'T **Homicide Hunter**
1.00 AM **Murder Detective**
2.00 **Snapped**
3.00 **Exhumed: Killer Revealed**
4.00 **Sunshine Slayings**
5.00 **to 6.00** AM **The Real Murders of Atlanta**

+1 hour 256 333

WILD

165 165 841 182

8.00 AM **America's Funniest Home Videos: Animal Edition**
9.00 **Russia's Wild Tiger**
10.00 **Wild Argentina**
11.00 **Africa's Deadliest**
12.00 NOON **Snakes in the City**
1.00 PM **Yukon Vet**
2.00 **Frozen Islands**
4.00 **Secrets of the Zoo**
5.00 **Monster Fish**
6.00 **Snakes in the City**
7.00 **Secrets of the Zoo: Tampa**
8.00 **Extraordinary Birder** Series finale The uniquely wonderful birdlife of Alabama.
9.00 **Cesar Millan: Better Human Better Dog** Cesar rehabilitates a dog that guards food and bites when touched.
10.00 **Man v Monster** Richard Terry heads to Thailand.
11.00 **Snakes in the City**
12.00 M'T **When Sharks Attack**
1.00 AM **Caught in the Act**
2.00 **Serengeti: Assault on the Megaherd**
3.00 **Secrets of the Zoo**
4.00 **to 5.00** AM **Yukon Vet**

Discovery History

177 181

6.00 AM **Combat Dealers**
7.00 **HMS Ark Royal**
8.00 **Greatest Events of World War II** The attack on Pearl Harbour.
9.00 **Combat Dealers**
10.00 **Salvage Hunters**
11.00 **Shed and Buried**
12.00 NOON **How It's Made**
1.00 PM **Combat Dealers**
2.00 **HMS Ark Royal**
3.00 **Blowing Up History**
4.00 **Mysteries at the Castle**
5.00 **Greatest Events of World War II** The Battle of Midway.
6.00 **Secrets Underground**
7.00 **Expedition Unknown**
8.00 **Combat Dealers**
9.00 **Blowing Up History**
10.00 **Salvage Hunters**
11.00 **Shed and Buried**
12.00 M'T **How It's Made**
1.00 AM **Combat Dealers**
2.00 **Salvage Hunters**
3.00 **Combat Dealers**
4.00 **to 5.00** AM **Blowing Up History**

+1 hour 277 381

Eden

166 176

9.00 AM **Planet Earth**
1.00 PM **Planet Earth**
7.00 **Planet Earth** An insight into the world's greatest woodlands, from the silent, stunted conifers cloaked in snow and ice in the Taiga forest, to the bustle of the broadleaf woods in North America and Europe. **8.00** Focusing on the wildlife living in the verdant landscapes of the world's jungles, which cover roughly three per cent of the planet yet contain 50 per cent of the world's species and are the most productive habitats on Earth. **9.00** David Attenborough looks at animals that live on some of the planet's biggest mountains. **10.00** David focuses on animals living in deserts. **11.00** Following wildlife in the Arctic and Antarctic, including an emperor penguin colony's nine-month migration across sea ice to its breeding ground.
12.00 M'T **to 6.00** AM **Planet Earth**

+1 hour 266 376

ID

154 166

6.00 AM **American Monster**
7.00 **Teleshopping**
8.00 **Murder in the Heartland**
9.00 **Forensic Detectives**
10.00 **People Magazine Investigates**
11.00 **Evil Lives Here**
1.00 PM **American Monster**
3.00 **Murder in the Heartland**
4.00 **Disappeared**
5.00 **Swamp Murders**
6.00 **Forensic Detectives**
8.00 **Still a Mystery** How, when entrepreneur Ash Rowell was gunned down, suspicion fell on his own family members.
9.00 **Murder in the Heartland** The case of Barbara Howe, who vanished from her retirement community in Ohio in 2015.
10.00 **The Murder Tapes**
12.00 M'T **Still a Mystery**
1.00 AM **Betrayed**
2.00 **The 1990s: The Deadliest Decade** The disappearance of a young millionaire couple.
3.00 **Forensic Detectives**
5.00 **to 6.00** AM **Disappeared**

+1 hour 254 366

Discovery Turbo

161/184 180

6.00 AM **Chasing Classic Cars**
7.00 **Mega Shippers**
8.00 **Wheeler Dealers: Dream Car**
9.00 **Salvage Hunters: Classic Cars**
11.00 **Concorde: Anatomy of a Disaster** A fresh investigation into the causes of the plane crash in France in July 2000.
12.00 NOON **Fifth Gear**
1.00 PM **Supertruckers**
2.00 **Wheeler Dealers**
3.00 **Demolition Down Under**
4.00 **Wheeler Dealers**
5.00 **Junkyard Empire**
6.00 **Fantomworks**
7.00 **Wheeler Dealers** Mike finds a rare 1976 Mercury Capri MK2. **8.00** Mike and Elvis take a gamble on a TVR Griffith.
9.00 **Race Night at Bowman Gray**
10.00 **Demolition Down Under**
11.00 **Mega Shippers**
12.00 M'T **Wheeler Dealers**
1.00 AM **Iron Resurrection**
2.00 **Fast N' Loud Revved Up**
3.00 **Wheeler Dealers**
4.00 **to 5.00** AM **JDM Legends**

+1 hour 261/284

Films

Sky Cinema Premiere

301 301 401 501 515

6.30 AM **Sky Cinema Preview**
7.10 **Breaking Point** As 4.50am.
9.05 **The Harbinger** As 9.50pm.
10.50 **Assassin** As 6.15pm.
12.35 PM **Maggie Moore(s)** As 8pm.
2.30 **The Best Man** Thriller starring Luke Wilson and Dolph Lundgren. (2023, 15, 93min)
4.20 **House Party** Comedy. (2023, 15, 100min) ★★
6.15 **Assassin** Thriller starring Bruce Willis and Dominic Purcell. (2023, 15, 88min)

8.00 Maggie Moore(s)

8.00 **Maggie Moore(s)** Comedy thriller starring Jon Hamm and Tina Fey. A police chief investigates the murders of two women with the same name and unravels a web of small-town lies. (2023, 15, 99min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.50 **The Harbinger** Horror thriller starring Emily Davis and Gabby Beans. A girl ventures out of quarantine to visit an old friend and finds herself drawn into a hellish dreamscape. (2022, 15, 87min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.35 **Babylon** Comedy drama with Brad Pitt and Margot Robbie. (2022, 18, 188min) ★★★★
2.55 AM **House Party** As 4.20pm.
4.50 **to 6.45** AM **Breaking Point** Drama starring Karam Singh. (2023, 12, 102min) ★★★

+1 hour 312

Sky Cinema Hits

303 303 403 503 517

6.45 AM **Marry Me** Comedy. (2022, 12, 112min) ★★★
8.50 **Marlowe** Crime thriller. (2022, 15, 110min) ★★
10.50 **Cold Mountain** Romantic epic. (2003, 15, 152min) ★★★
1.30 PM **The Matrix: Resurrections** As 12.55am.
4.00 **Godzilla** Remake of the Japanese monster movie. (1998, PG, 139min) ★★★
6.20 **Clerks** Cult comedy. (1994, b/w, 18, 92min) ★★★★

10.10 Watchmen

8.00 **xXx** Espionage action thriller starring Vin Diesel as a rebellious extreme sports fanatic who is recruited by America's secret services and sent to Prague on a dangerous mission. With Asia Argento, Marton Csokas and Samuel L Jackson. (2002, 12, 124min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 **Watchmen** Sci-fi thriller based on the acclaimed graphic novel, starring Malin Akerman, Billy Crudup, Matthew Goode, Jackie Earle Haley and Patrick Wilson. (2009, 18, 162min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.55 AM **The Matrix: Resurrections** Sci-fi thriller sequel starring Keanu Reeves. (2021, 15, 148min) ★★★
3.25 **to 6.00** AM **The Glorias** Biopic of Gloria Steinem, starring Julianne Moore. (2020, 12, 139min) ★★★

Sky Cinema Drama

310 310 410 510 524

6.35 AM **Call Jane** As 3.35pm.
8.50 **Monster's Ball** Drama. (2002, 15, 111min) ★★★★
10.55 **Spotlight** Fact-based drama. (2015, 15, 129min) ★★★★★
1.10 PM **Manchester by the Sea** Drama. (2016, 15) ★★★★★
3.35 **Call Jane** Fact-based drama. (2022, 12, 121min) ★★★★
5.45 **A Good Person** Drama. (2022, 15, 129min) ★★★★

8.00 **Don't Worry Darling** Thriller starring Florence Pugh, Harry Styles, Chris Pine and Olivia Wilde, who also directed. (2022, 15, 123min) ★★★
10.05 **The Remains of the Day** Merchant-Ivory period drama starring Anthony Hopkins and Emma Thompson. An ageing butler comes to realise that he has sacrificed personal happiness to follow a rigid code of loyalty and propriety. (1993, U, 134min) ★★★★★

12.30 AM **Neds** Peter Mullan's semi-autobiographical drama. (2010, 18, 123min) ★★★★
2.45 **The Forgiven** Drama with Ralph Fiennes and Jessica Chastain. (2021, 18, 117min) ★★★
4.55 **to 7.05** AM **Minari** Romance. (2020, 12, 115min) ★★★★

Sky Cinema Summer Scares

311 311 411 511 525

6.00 AM **Ghosts of the Ozarks** Horror. (2021, 15, 107min) ★★
7.50 **The Invitation** As 3.20am.
9.40 **The Black Phone** Horror. (2022, 15, 103min) ★★★
11.25 **Firestarter** Horror thriller. (2022, 15, 94min) ★★★
1.05 PM **The Blair Witch Project** Chiller. (1999, 15) ★★★★
2.30 **The Devil Inside** Horror thriller. (2012, 15, 79min) ★

4.05 **Nope** Sci-fi mystery thriller. (2022, 15, 130min) ★★★★
6.20 **Cloverfield** Offbeat disaster movie. (2007, 15, 81min) ★★★
8.00 **10 Cloverfield Lane** Thriller starring Mary Elizabeth Winstead and John Goodman. (2016, 12, 103min) ★★★★
10.00 **Saw VI** Horror sequel starring Tobin Bell and Costas Mandylor. While the cops close in, Jigsaw's secret apprentice continues the dead serial killer's twisted work. (2009, 18, 90min) ★★

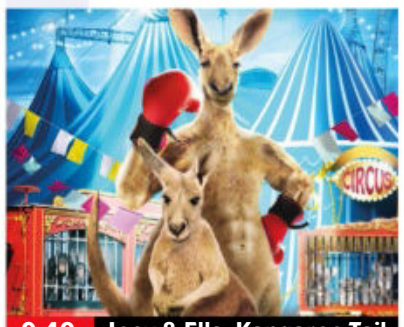
11.45 **Saw: The Final Chapter** Horror sequel. (2010, 18, 89min) ★★★
1.20 AM **Studio 666** Horror comedy. (2022, 18, 106min) ★
3.20 **The Invitation** Horror thriller. (2022, 15, 105min) ★★★
5.20 **to 6.20** AM **Sky Cinema Preview**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 306 406 506 520

6.05 AM **Mee-Shee: Water Giant**
7.55 **Zathura: A Space Adventure** Fantasy. (2005, PG) ★★★★
9.50 **The Wizard of Oz** Fantasy. (1939, U, 98min) ★★★★★
11.45 **Blueback** Family drama. (2022, PG, 102min) ★★★
1.40 PM **Cinema List: Adventure**
2.05 **Lassie** As 11.15pm.
4.00 **Sonic the Hedgehog 2** Comedy. (2022, PG) ★★★
6.05 **Scooby-Doo** Comedy. (2002, PG, 86min) ★★★


9.40 Joey & Ella: Kangaroo Tail

7.45 **Bratz** Teen comedy based on the popular fashion dolls, starring Nathalia Ramos. Four friends join forces to break down their high-school's social cliques. (2007, PG, 98min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

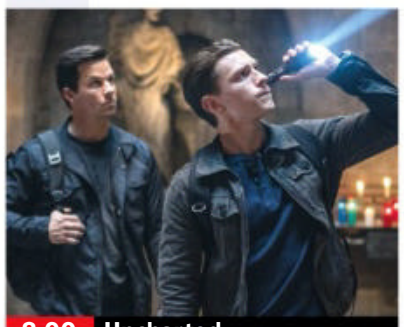
9.40 **Joey & Ella: A Kangaroo Tail** Family adventure starring Ashton Leigh. A baby kangaroo gets accidentally swept up in a jewellery heist. (2021, U, 89min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.15 **Lassie** Family adventure starring Peter O'Toole. (2005, PG, 100min) ★★★★
1.05 AM **Mee-Shee: The Water Giant** Fantasy adventure starring Bruce Greenwood. (2005, PG, 94min) ★★★
2.50 **Joey & Ella: A Kangaroo Tail**
4.30 **to 6.15** AM PREMIERE **Robo-Dog: Airborne** Family adventure sequel starring Patrick Muldoon. (2017, U, 88min) ★★

Sky Cinema Action

307 307 407 507 521

7.10 AM **Raging Fire** As 12.50pm.
9.20 **Hancock** Action comedy. (2008, 12, 92min) ★★★
11.00 **Resident Evil** As 2.00am.
12.50 PM **Raging Fire** Adventure. (2021, 15, 126min) ★★★★
3.00 **The Cinema List: Women of Mission: Impossible**
3.25 **The Bourne Identity** Thriller. (2002, 12, 119min) ★★★★★
5.25 **Terminator 2: Judgment Day** Sci-fi action thriller sequel. (1991, 15, 146min) ★★★★★


8.00 Uncharted

8.00 **Uncharted** Action adventure starring Tom Holland, Mark Wahlberg and Antonio Banderas. Street-smart Nathan Drake is recruited by seasoned treasure hunter Victor 'Sully' Sullivan to recover a fortune. (2022, 12, 116min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **Battle Royale II: Requiem** Japanese sci-fi thriller sequel starring Tatsuya Fujiwara, Shugo Oshinari, Riki Takeuchi and Ai Maeda. Subtitled. (2003, 18, 133min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.15 AM **Homefront** Action thriller starring Jason Statham. (2013, 15, 98min) ★★★
2.00 **Resident Evil** Sci-fi horror thriller starring Milla Jovovich. (2002, 15, 100min) ★★★
3.45 **Hounded** Horror thriller. (2022, 15, 94min) ★★★
5.25 **to 6.25** AM **Sky Cinema Preview**

Sky Cinema Comedy

308 308 408 508 522

6.20 AM **Poster Boys** As 3.20am.
7.50 **Ride Along 2** (2016, 12) ★★
9.35 **Wayne's World** As 10.05pm.
11.15 **Sausage Party** Animation. (2016, 15, 89min) ★★★
12.50 PM **Superbad** Teen comedy. (2007, 15, 113min) ★★★★
2.50 **Groundhog Day** Comedy. (1993, PG, 103min) ★★★★★
4.35 **Blades of Glory** Comedy. (2007, 12, 93min) ★★★
6.15 **The Boss** Comedy. (2015, 15, 89min) ★★★

10.05 Wayne's World

8.00 **Meet the Fockers** Comedy sequel with Ben Stiller, Robert De Niro, Dustin Hoffman and Barbra Streisand. Hapless male nurse Greg Focker travels to Florida to introduce his prospective in-laws to his parents. (2004, 12, 115min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.05 **Wayne's World** Comedy starring Mike Myers and Dana Carvey as two young dudes who host a wacky cable TV show from their basement. With Rob Lowe. (1992, PG, 95min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.50 **Wayne's World 2** Comedy sequel starring Mike Myers, Dana Carvey and Tia Carrere. (1993, PG, 95min) ★★★
1.40 AM **Army of One** Comedy. (2016, 15, 92min) ★★
3.20 **Poster Boys** Comedy drama. (2020, 12, 87min) ★★
4.55 **to 6.35** AM **Sausage Party**

Sky Cinema Thriller

309 309 409 509 523

6.00 AM **Antebellum** Mystery. (2019, 15, 105min) ★★
7.50 **Kimi** Thriller with Zoë Kravitz. (2022, 15, 87min) ★★★★
9.25 **Promising Young Woman**
11.25 **Traitor** As shown at 4.05am.
1.25 PM **A Time to Kill** Drama. (1996, 15, 149min) ★★★
3.55 **No Country for Old Men** The Coen Brothers' crime thriller. (2007, 15, 122min) ★★★★
6.00 **The Dry** Crime drama. (2020, 15, 117min) ★★★★

9.50 The Card Counter

8.00 **The Taking of Pelham 123** Action thriller remake starring Denzel Washington and John Travolta. Four ruthless gunmen hijack a crowded New York subway train. With John Turturro. (2009, 15, 105min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.50 **The Card Counter** Crime thriller starring Oscar Isaac and Tiffany Haddish. A gambler and former serviceman sets out to reform a young man seeking revenge on a mutual enemy from their past. (2021, 15, 111min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.45 **Promising Young Woman** Crime thriller starring Carey Mulligan and Bo Burnham. (2020, 15, 113min) ★★★★
1.45 AM **Child 44** Detective thriller. (2015, 15, 134min) ★★★
4.05 **to 6.00** AM **Traitor** Thriller. (2008, 12, 114min) ★★★

Film4

313 313 855 428 14 300

■ **Films start at 11.00am**
11.00 AM **Rango** Animation. (2011, PG, 103min) ★★★★
1.10 PM **Leap Year** Comedy. (2009, PG, 96min) ★
3.10 **The Black Shield of Falworth** Adventure. (1954, U) ★★
5.10 **The 7th Voyage of Sinbad** Fantasy. (1958, U) ★★★★
6.55 **My Best Friend's Wedding** Romantic comedy with Julia Roberts and Cameron Diaz. (1997, 12, 104min) ★★★★

9.00 Jumanji: Welcome to the...

8 PM **My Best Friend's Wedding** (film started at 6.55pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM **9.00** **Jumanji: Welcome to the Jungle** Fantasy action comedy starring Dwayne Johnson and Karen Gillan. Four teenagers get transported into a video game and transformed into a party of jungle explorers. (2017, 12, 119min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10 PM

11 PM **11.20** **Kingsman: The Secret Service** Action comedy starring Colin Firth and Taron Egerton. A streetwise teenager is given the opportunity to work with a super-secret spy organisation. (2015, 15, 128min) ★★★★
1.55 **to 4.00** AM **Funny Cow** Drama starring Maxine Peake. (2017, 15, 102min) ★★★★

+1 hour 314 430 47 301

Sky Cinema 5 Star Movies

302 302 402 502 516

8.05 AM **Blue Bayou** Drama. (2021, 15, 117min) ★★★
10.05 **Mass** Drama with Jason Isaacs. (2021, 12, 111min) ★★★★★
12.05 PM **Paper Moon** As 3.10am.
2.00 **Eternal Sunshine of the Spotless Mind** Offbeat comedy. (2004, 15, 108min) ★★★★★
3.50 **Straight Outta Compton** Biopic of hip-hop group NWA. (2015, 15, 147min) ★★★

6.20 **Belfast** Kenneth Branagh's drama starring Jamie Dornan. (2021, 12, 98min) ★★★★
8.00 **Elvis** Biopic starring Austin Butler and Tom Hanks. (2022, 12, 159min) ★★★★
10.40 **Dallas Buyers Club** Fact-based drama starring Matthew McConaughey and Jared Leto. A man diagnosed with HIV sets up an organisation to smuggle drugs for treating the condition into the US. With Jennifer Garner. (2013, 15, 114min) ★★★★

12.40 AM **Straight Outta Compton**
3.10 **Paper Moon** Comedy with Ryan and Tatum O'Neal. A confidence trickster is cajoled into escorting a young girl to Missouri. (1973, b/w, PG, 100min) ★★★★
5.00 **to 6.00** AM **Sky Cinema Preview**

Sky Cinema Greats

304 304 404 504 518

6.00 AM **Sky Cinema Preview**
7.00 **Dad's Army** As 11.55pm.
8.50 **Oh! What a Lovely War**
11.20 **King Creole** Musical drama. (1958, b/w, PG, 116min) ★★★★
1.30 PM **Rio Grande** John Ford Western starring John Wayne. (1950, b/w, U, 107min) ★★★★
3.30 **E.T. The Extra Terrestrial** Steven Spielberg's sci-fi fantasy. (1982, U, 114min) ★★★★★

5.30 **Oh! What a Lovely War** Satirical anti-war musical. (1969, PG, 144min) ★★★★
8.00 **Champion** Drama starring Kirk Douglas as a ruthless boxer aiming to punch his way to the top. With Marilyn Maxwell. (1949, b/w, PG, 99min) ★★★★
9.55 **Kramer vs Kramer** Oscar-winning drama starring Dustin Hoffman and Meryl Streep as a divorced couple fighting for custody of their child. (1979, PG, 104min) ★★★★★

11.55 **Dad's Army** Comedy spin-off. (1971, U, 95min) ★★★★
1.45 AM **Double Jeopardy** Thriller. (1955, PG, 70min) ★★★
3.15 **Carry On Cruising** Comedy. (1962, U, 85min) ★★
5.00 **to 6.00** AM **Sky Cinema Preview**

Sky Cinema Animation

305 305 412 500 514

6.20 AM **Duck Duck Goose** (2018)
7.55 **Lego DC Shazam!: Magic and Monsters** (2020, U) ★★★
9.25 **Magic Arch** (2020, PG) ★
10.55 **The Angry Birds Movie** Animation. (2016, U) ★★★
12.40 PM **The Angry Birds Movie 2** Animated comedy sequel. (2019, U, 93min) ★★★
2.25 **The Emoji Movie** Animated adventure. (2017, U, 83min) ★

4.00 **The Bad Guys** Animation. (2022, PG, 100min) ★★★
5.55 **The Rugrats Movie** Animation. (1998, U, 80min) ★★★
7.30 **The Reef 2: High Tide** Animated comedy adventure sequel. (2013, U, 80min) ★★
9.05 **The Cinema List: Adventure**
9.25 **Lego DC Super Hero Girls: Super-Villain High** Animation. (2018, PG, 78min) ★★
10.50 **Dogtanian and the Three Muskehounds**. Animated adventure. (2021, U, 84min) ★

12.25 AM **Magic Arch** (2020, PG) ★
1.55 **Duck Duck Goose** Animation. (2018, PG, 91min) ★★★
3.30 **Lego DC Shazam!: Magic and Monsters** (2020, U) ★★★
5.00 **to 6.25** AM **DC Super Hero Girls: Intergalactic Games** Animation. (2017, PG) ★★★

Movies 24

325 419

7.00 AM **Flowers and Honey** Drama. (2021, PG, 90min) ★★
9.00 **For the Love of Chocolate** Comedy. (2021, PG, 85min) ★★
11.00 **Lease on Love** Comedy. (2022, PG, 86min) ★★
1.00 PM **Mystery 101: Deadly History** Crime drama. (2021, PG, 84min) ★★
3.00 **At Home in Mitford** Drama. (2017, PG, 84min) ★★

5.00 **Love in the Limelight** Comedy. (2022, PG, 84min) ★★
7.00 **Heart of the Manor** Romantic comedy starring Ashlynn Yennie. (2021, PG, 85min) ★★
9.00 **Unthinkably Good Things** Drama starring Karen Pittman. Three old friends reunite in Tuscany, and take the chance to re-examine the state of their lives and relationships. (2022, PG, 84min) ★★
11.00 **Styled with Love** Comedy. (2022, PG, 89min) ★★

1.00 AM **The Baker's Son** Romantic fantasy starring Eloise Mumford. (2021, PG, 84min) ★★
3.00 **to 5.00** AM **Love and the Radio Star** Romantic comedy. (2022, PG, 90min) ★★

+1 hour 326 420

Talking Pictures

328 445 82 306

6.00 AM **The Girl in the Picture** Mystery. (1956, b/w, U) ★★
7.15 **Dry Rot** Comedy starring Brian Rix. (1956, b/w, U, 87min) ★★
9.00 **The Queen and Her Ceremonial Horses**
10.15 **King of the Khyber Rifles** Adventure. (1953, U) ★★
12.20 PM **Hell Drivers** Action drama. (1957, b/w, PG, 104min) ★★★
2.30 **Crown Court**

3.00 **North West Frontier** Adventure. (1959, U, 129min) ★★★
5.35 **Away for the Day in 1952**
6.00 **The Footage Detectives**
7.00 **The Champions** (S1)
8.00 **Night of the Eagle** Offbeat thriller starring Janet Blair. (1961, b/w, 15, 83min) ★★★
9.45 **Kessler** 6/6. (S1)
10.50 **Blonde Fist** Drama starring Margi Clarke as a working-class single mother who takes to the boxing ring in New York. (1991, 15, 102min) ★★

12.55 AM **Patterns of Power** Drama starring Van Heflin. (1956, b/w, U, 83min) ★★★
2.35 **Penny Serenade** Comedy drama starring Cary Grant. (1941, b/w, U, 120min) ★★★
4.55 **to 6.00** AM **Dick Powell's Zane Grey Theatre**

Monday

Sky Sports Main Event

401 401 859 | 511 501 | 420 440

6.00 AM **Sky Sports News**
7.00 **Good Morning Sports Fans**
7.30 **World Cup Breakfast**
8.00 **Good Morning Sports Fans**
8.30 **World Cup Breakfast**
9.00 **Good Morning Transfers**
10.00 **Sky Sports News**
12.00 NOON **Transfer Talk**
1.00 PM **Sky Sports News**
2.30 LIVE **The Hundred Manchester Originals Women v Birmingham Phoenix Women.** Coverage of the match from Emirates Old Trafford, Manchester, as the sides continue their attempts to succeed the Oval Invincibles as champions.
6.00 LIVE **The Hundred Manchester Originals Men v Birmingham Phoenix Men.** Coverage of the match from Emirates Old Trafford. Neither of these sides have ever won this competition but have both been losing finalists, Phoenix losing the showpiece game in 2021 and the Originals last year.
9.30 **Sky Sports News**
10.30 **Back Pages Tonight**
11.00 PM **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 402 860 | 512 502 | 421 441

6.00 AM **PL Greatest Games**
7.00 **Premier League Legends**
7.30 **World Cup Breakfast**
8.00 **Premier League Best Goals**
8.30 **World Cup Breakfast**
9.00 **Good Morning Transfers**
10.00 **PL Retro** A replay of Wigan Athletic v Arsenal from 2010.
12.00 NOON **Transfer Talk**
1.00 PM **Premier League Years**
3.00 **PL Greatest Games**
4.00 **Premier League Best Goals**
5.00 **The Transfer Show**
5.30 **Premier League 100 Club**
6.00 **Premier League Best Goals** Strikes from the 2019/20 season.
7.00 **The Transfer Show** News from around the transfer market.
8.00 **Premier League Years** A look back at memorable moments from the 2011/12 campaign.
10.00 **Premier League Icons** A profile of Dennis Bergkamp.
10.30 **PL Retro** A replay of Wigan Athletic v Arsenal from 2010.
12.30 AM **Premier League Icons**
1.00 **Premier League Years**
3.00 **PL Greatest Games**
4.00 **Premier League Best Goals**
5.30 **to 6.00** AM **Premier League 100 Club**

Sky Sports Football

403 403 861 | 513 503 | 422 442

6.00 AM **EFL** Another chance to see Leicester City v Coventry City.
8.45 **EFL Highlights**
9.00 **Scottish Premiership Round-Up**
9.15 **SPFL Highlights**
9.45 **EFL Highlights**
10.00 **EFL** Leeds United v Cardiff City.
12.30 PM **EFL** Another chance to see Sunderland v Ipswich Town.
3.15 **Scottish Premiership Round-Up**
3.30 **SPFL Highlights**
4.00 **EFL Highlights**
5.00 **The Rise of Jude Bellingham**
5.30 **EFL Goals: Leagues 1 & 2**
6.00 **Scottish Premiership Round-Up**
6.15 **SPFL Highlights**
6.45 **EFL Highlights**
7.00 **EFL Greatest Games**
7.10 **The Rise of Jude Bellingham**
7.40 LIVE **Irish Football Larne v Dungannon Swifts.** Coverage of the Premiership encounter at Inver Park. Kick-off **7.45pm**.
9.45 **EFL Highlights**
11.00 **EFL Goals: Leagues 1 & 2**
11.30 **Scottish Premiership Round-Up**
11.45 **EFL Greatest Games**
1.00 AM **EFL Cup Retro**
2.00 **EFL Play-Off Finals 2015/16**
5.00 **to 6.00** AM **Championship Season Review**

Sky Sports Cricket

404 404 862 | 514 504 | 423 443

6.00 AM **The Hundred** Replay of Oval Invincibles Men v Welsh Fire Men.
9.30 **The Hundred** Oval Invincibles Women v Welsh Fire Women.
1.00 PM **The Hundred Bitesize** Matches from both the men's and women's competitions.
2.30 LIVE **The Hundred Manchester Originals Women v Birmingham Phoenix Women.** Coverage from Old Trafford in Manchester.
6.00 LIVE **The Hundred Manchester Originals Men v Birmingham Phoenix Men.** Coverage of the match from Emirates Old Trafford, Manchester.
9.30 **The Hundred Bitesize** Manchester Originals Men v Birmingham Phoenix Men. **9.45** Brief highlights of Manchester Originals Women v Birmingham Phoenix Women.
10.00 **The Hundred** Another chance to see Manchester Originals Women v Birmingham Phoenix Women.
1.30 AM **The Hundred** A replay of Manchester Originals Men v Birmingham Phoenix Men.
5.00 **to 6.00** AM **The Hundred Bitesize**

Sky Sports Golf

405 405 863 | 515 505 | 424 444

6.00 AM **Ladies European Tour Golf**
7.00 **Ladies European Tour Golf** A chance to see day four of the Women's Scottish Open in full.
11.00 **PGA Tour Golf** Another chance to see the fourth and final day of Wyndham Championship at Sedgefield Country Club in Greensboro, North Carolina.
4.00 PM **Playing Lessons**
5.00 **Legends Tour Golf** The opening day of the JCB Championship.
6.30 **Challenge Tour Golf** The Suisse Challenge at Wylihof Golf Club in Luterbach, Switzerland.
7.00 **PGA Tour Golf** A review of the Wyndham Championship.
8.00 **Legends Tour Golf** The opening day of the JCB Championship.
9.30 **Countdown to the Ryder Cup** A look at Europe captain Luke Donald's Ryder Cup pedigree.
10.00 **PGA Tour Golf** A review of the Wyndham Championship.
11.00 **Countdown to the Ryder Cup** A look at Europe captain Luke Donald's Ryder Cup pedigree.
11.30 **Legends Tour Golf** The opening day of the JCB Championship.
1.00 AM **PGA Tour Golf**
4.00 **Ladies European Tour Golf**
5.00 **to 6.00** AM **Playing Lessons**

TNT Sports 1

410 410 870 | 527 | 408 430

6.00 AM **T20 Cricket Highlights**
7.00 **WWE NXT Highlights**
8.00 **Fight Night Live**
10.00 **What I Wore: Owen Hargreaves**
10.15 LIVE **Sri Lanka Premier League B-Love Kandy v Dambulla Aura.** Coverage of the Twenty20 encounter.
2.15 PM **T20 Cricket Highlights**
3.15 LIVE **Sri Lanka Premier League Galle Titans v Jaffna Kings.** The Twenty20 match.
7.15 **T20 Cricket Highlights** West Indies v India in the second T20 of the five-match series.
8.15 **What I Wore: Gianfranco Zola**
8.30 **Rugby Stories** A look back at the 1997/98 European Cup final as Bath faced Brive in Bordeaux.
9.00 LIVE **MLB San Diego Padres v Los Angeles Dodgers.** The National League match from Petco Park. Start-time **9.10pm**.
12.30 AM **Vanarama National League Highlights**
1.00 LIVE **WWE Monday Night Raw** Wrestling coverage.
4.15 **Ariel Helwani Meets**
5.15 **What I Wore: Hector Bellerin**
5.30 **to 6.00** AM **Behind the Game**

TNT Sports 2

411 411 871 | 528 | 409 431

6.00 AM **Premier League Review**
11.00 LIVE **UEFA Champions League** Coverage of the draw for the play-off round.
11.15 **Premier League Review**
12.15 PM **Vanarama National League** Rochdale v Ebbsfleet United.
1.45 **Rio Ferdinand's Between the Lines** Rio interviews Mo Salah.
2.00 **Premier League Review** Action from the top flight.
7.00 **Badminton** Action from the Australia Open Finals, part of the HSBC BWF World Tour.
9.00 **Fishing: On the Bank** Action from the Sea Angling Classic.
10.00 **Premier League Review** A review of the 2022/23 season.
12.00 M'T LIVE **MLB** Coverage of a Major League Baseball match.
3.30 AM **MLB Plays of the Week** The most exciting plays from the past week's matches.
4.00 **Currie Club** A look at Hearts under the ownership of businessman Vladimir Romanov.
4.30 **UEFA Champions League – Stories of the Finals** A look back at the 1995 and 2001 finals.
5.00 **to 6.00** AM **Premier League Legends**

TNT Sports 3

417 417 874 | 529 | 410 432

6.00 AM **MotoGP** British Grand Prix.
9.30 **MotoGP Chequered Flag**
10.30 **AFL** Another chance to see Adelaide Crows v Gold Coast Suns.
12.30 PM **European Rally Championship Highlights** Action from the latest round of the season in Rome, Italy.
1.00 **Ligue 1** Highlights of Paris Saint-Germain v Montpellier. **2.00** Monaco v Lens. **3.00** Lille v Paris Saint-Germain. **4.00** The key moments from Paris Saint-Germain v Monaco. **5.00** Marseille v Lille.
6.00 **V8 Supercars Highlights** Races 18 and 19 of the Repco Australia Supercars Championship.
8.00 **WRC Review** A look back at the latest action from Rally Finland.
9.00 **World Rallycross Championship Highlights** Action from Mettet, Belgium.
10.00 **Ligue 1 Goals of the Season** Goals from the French top flight.
11.00 **WWE Raw Highlights**
12.00 M'T **WWE SmackDown**
1.00 AM **MotoGP** Action from the British Grand Prix at Silverstone.
4.30 **MotoGP Chequered Flag**
5.30 **to 6.00** AM **Vanarama National League Highlights**

Sky Sports Action

407 407 865 | 517 507 | 426 446

6.00 AM **Top Rank Boxing Archive** A replay of Wilfred Benitez v Sugar Ray Leonard from 1979.
7.15 **International Rugby Union** New Zealand v Australia.
9.25 **My Icon** Leon McKenzie.
9.35 **International Rugby Union** Argentina v South Africa.
11.45 **Super Bowl LVII Highlights** Philadelphia Eagles v Kansas City Chiefs from the 2022/23 season.
12.00 NOON **Good Morning Football** The latest NFL talking points.
3.00 PM **NY Jets Flight 2023: Ascension** A look behind the scenes at this year's draft.
4.00 **WNBA** A chance to see New York Liberty v Las Vegas Aces.
6.00 **NBC's Pro-Football Talk** Mike Florio and Chris Simms discuss and debate the biggest stories from around the NFL.
8.00 **International Rugby Union** Action from Argentina v South Africa at Estadion Velez Sarsfield.
10.10 **My Icon** Leon Pryce.
10.15 **NY Jets Flight 2023: Ascension** A profile of new Jets quarterback Aaron Rodgers.
11.00 **Total Access** NFL news.
1.00 AM **NBC's Pro-Football Talk**
3.00 **to 6.00** AM **NFL Highlights**

Sky Sports Mix

416 416 873 | 510 | 429 449

6.00 AM **PL Greatest Games**
7.00 **Ladies European Tour Golf** Day four of the Women's Scottish Open.
11.00 **Women's Super League** Action from St Helens v York Valkyrie.
11.15 **Betfred Super League Highlights** Top-flight action.
12.00 NOON **Netball World Cup** Highlights from South Africa.
2.15 PM **The Hundred Bitesize** Brief highlights of Manchester Originals Men v London Spirit Men.
2.30 LIVE **The Hundred Manchester Originals Women v Birmingham Phoenix Women.** Coverage from Emirates Old Trafford in Manchester.
6.00 LIVE **The Hundred Manchester Originals Men v Birmingham Phoenix Men.** Coverage of the match from Emirates Old Trafford, Manchester.
9.30 **The Hundred Bitesize**
10.00 **WNBA** A chance to see New York Liberty v Las Vegas Aces.
12.00 M'T **PGA Tour Golf**
1.00 AM **The Hundred Bitesize**
1.30 **The Hundred** Another chance to see Manchester Originals Women v Birmingham Phoenix Women.
5.00 **to 6.00** AM **PGA Tour Golf**

TNT Sports 4

421 421 876 | 530 | 411 434

6.00 AM **Gallagher Premiership Rugby Highlights** Recent action.
7.30 **Rugby Stories**
8.00 **National League Highlights**
8.30 **MLB** Boston Red Sox v Toronto Blue Jays at Fenway Park. **11.00** A replay of San Diego Padres v Los Angeles Dodgers.
1.30 PM **MLB** The 40 best moments from the MLB in 2022.
2.30 **MLB** Boston Red Sox v Toronto Blue Jays at Fenway Park. **5.00** A replay of San Diego Padres v Los Angeles Dodgers.
7.30 **MotoGP** British Grand Prix.
8.30 **MotoGP Chequered Flag**
9.30 **Original Documentary**
10.45 **UFC** Cory Sandhagen v Rob Font.
1.45 AM **UFC: The Ultimate Fighter**
2.45 **UFC Fight Flashback**
3.45 **UEFA Champions League: Stories of the Finals**
4.00 **T20 Cricket Highlights**
5.00 **to 6.00** AM **Cricket Classics: West Indies v England**

Eurosport 1

413 413 868 | 521 | 412 435

6.00 AM **Cycling: Track World Championships** Day four.
7.00 **Artistic Gymnastics**
8.00 **BMX World Championship**
9.00 **Playing Fields**
9.30 **Cycling: Road World C'ships**
10.30 **Cycling: Track World C'ships**
11.25 LIVE **Cycling: Track World Championships** Coverage of day five of the event in Glasgow.
3.30 PM **Golden Trail World Series**
4.00 **Olympic Games: Olympians**
4.10 **Cycling: Road World Championships** In Glasgow.
5.10 LIVE **Cycling: Track World Championships** From Glasgow.
9.30 **Volleyball** From Chengdu, China.
11.00 **Olympics: One Year to Dream**
11.30 **Cycling: Track World Championships** Day five.
12.30 AM **The Power of Sport**
1.00 **Hall of Fame: Atlanta 1996**
2.00 **Cycling: Track World C'ships**
3.00 **Cycling: Road World C'ships**
4.00 **to 6.00** AM **British Superbikes**

Eurosport 2

414 414 869 | 522 | 413 436

6.00 AM **Climbing World C'ships**
7.00 **Hall of Fame: Atlanta 1996**
8.00 LIVE **Fencing: Summer World University Games** Day six from Chengdu, China.
12.00 NOON **Basketball: Summer World University Games**
1.00 PM **Volleyball: Summer World University Games** From China.
2.25 LIVE **BMX World Championships** From Glasgow.
4.15 **The Power of Sport**
4.45 **Olympic Games: Olympians**
4.55 LIVE **BMX World Championships** From Glasgow.
6.30 **British Speedway**
7.30 LIVE **British Speedway** Round eight of the Premiership season.
10.00 **BMX World Championship**
12.00 M'T **Climbing World C'ships**
1.00 AM **Cycling: Track World Championships** From Glasgow.
2.00 **Formula E** Recent action.
4.00 **to 6.00** AM **BMX World Championship**

Sky Sports Arena

408 408 866 | 518 508 | 427 447

6.00 AM **Kevin Sinfield: Extra Mile**
7.00 **Super League Highlights**
8.00 **NBA Basketball** Golden State Warriors v Denver Nuggets.
10.00 **Netball World Cup** Highlights of the tournament in South Africa.
12.00 NOON **Netball World Cup** The final in Cape Town.
2.15 PM **Super League Highlights**
3.00 **Women's Super League** Action from St Helens v York Valkyrie.
3.15 **Super League Highlights**
4.00 **Netball World Cup** Highlights of the tournament in South Africa.
6.00 **Netball World Cup** Action from the final in Cape Town.
8.15 **Women's Super League** Action from St Helens v York Valkyrie.
8.30 **Super League Highlights**
9.00 **Super League's Supermen**
10.00 **Netball World Cup**
12.15 AM **Super League Highlights**
1.00 **Fight Night International**
2.00 **WNBA** A chance to see New York Liberty v Las Vegas Aces.
4.00 **to 6.00** AM **NBA Basketball**

Sky Sports F1

406 406 864 | 516 506 | 425 445

6.00 AM **The Home of F1**
11.00 **Formula 1** The Bahrain Grand Prix qualifying session in Sakhir.
1.00 PM **The Notebook**
1.30 **Formula 1** The build-up to this year's Bahrain Grand Prix. **2.45** Another chance to see the Bahrain Grand Prix, the first round of the season at Bahrain International Circuit in Sakhir. **4.55** Reaction and analysis from the Bahrain Grand Prix.
6.15 **The Notebook** Ted Kravitz reviews the Bahrain Grand Prix.
6.45 **Alonso's Padel Party**
6.55 **Fast & Furious In Miami Pit Lane**
7.00 **Indycar** Another chance to see the Big Machine Music City Grand Prix, the 13th round of the season from Nashville in Tennessee.
10.00 **Formula 1** Highlights of the Bahrain Grand Prix in Sakhir.
11.00 **The Notebook**
11.30 **F1 Academy Highlights**
12.00 M'T **Formula 1** Season highlights.
1.00 **to 6.00** AM **The Home of F1**

SKY HD SD | VIRGIN HD | BT HD

Tuesday

8 August

Evening Planner

Reality

Ultimate Wedding Planner
BBC2, 9pm
Wedding planners try to impress judges including Fred Sirieix and Sara Davies.

Cookery

Cooking with the Stars
ITV1, 9pm
There are only three celebrities left in the kitchen, as Emma Willis and Tom Allen introduce the final of the culinary series.

Drama

The Good Doctor
Sky Witness, 9pm
Shaun seeks legal representation from Joni DeGroot, a lawyer who'll be the main protagonist in spin-off *The Good Lawyer.*

OnDemand

Only Murders in the Building
From today
Podcasters Steve Martin, Selena Gomez and Martin Short return for season three.

SKY EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES								
101 BBC1	7.00 Rip Off Britain †	7.30 EastEnders	8.00 Dragons' Den		9.00 Wolf		10.00 News; Local News	
102 BBC2	7.00 Mediterranean with Simon Reeve		8.00 Your Home Made Perfect		9.00 Ultimate Wedding Planner		10.00 Omid Djalili...	10.30 Newsnight
103 ITV1	◂ 6.30 News	7.30 Emmerdale	8.00 Paul O'Grady's...	8.30 Love Your...	9.00 Cooking with the Stars		10.00 News; Local News	
104 CHANNEL 4	7.00 News		8.00 Bake Off: The Professionals		9.00 Sky Coppers		10.00 999: On the Front Line	
105 CHANNEL 5	7.00 Dogs Behaving (Very) Badly		8.00 The Yorkshire Vet		9.00 The Child Snatcher: Manhunt		10.00 The Murder of Sally Anne Bowman...	
106 SKY SHOWCASE	7.00 The Simpsons		8.00 David Attenborough's Global...		9.00 From			
ENTERTAINMENT								
115 BBC3	7.00 Cycling: World Championships – Live: Coverage of day six				9.05 World Cup	9.30 Champion		10.15 Film: Equals
116 BBC4	7.00 River Walks	7.30 Great American Railroad Journeys		8.35 Some...	9.00 Yes, Minister	9.30 The Thick of It	10.00 George Alagiah: Mixed Britannia	
118 ITV2	◂ 6.05 Film: Harry Potter and the Deathly Hallows: Part I				9.00 Family Guy		10.00 Plebs	
136 MORE4	◂ 6.55 The Dog House Australia		7.55 Grand Designs		9.00 24 Hours in A&E		10.00 Rescue: Extreme Medics	
135 E4	7.00 Hollyoaks	7.30 Young Sheldon	8.00 Taskmaster Bleeped		9.00 Gogglebox		10.00 Naked Attraction's Best Naughty Bits	
107 SKY WITNESS	7.00 Nothing to Declare		8.00 Blue Bloods		9.00 The Good Doctor		10.00 Law & Order: Organized Crime	
108 SKY ATLANTIC	◂ 6.50 The Sopranos		7.55 Game of Thrones		9.00 The Gilded Age			10.05 Mildred Pierce
110 GOLD	◂ 6.35 Dad's Army		8.00 dinnerladies	8.40 Miranda		9.20 Not Going Out	10.00 Live at the Apollo	
111 DAVE	7.00 Richard Osman's House of Games			8.20 Would I Lie to You?	9.00 QI		10.00 Schitt's Creek	
119 ITV3	7.00 Heartbeat		8.00 Midsomer Murders				10.00 Law & Order: UK	
120 ITV4	◂ 6.55 Leaders of...	7.30 River Monsters	8.00 World Rally Championship Highlights		9.00 Film: The Other Guys			
112 COMEDY CENTRAL	7.00 Friends				9.00 Lee Evans: XL Tour		10.00 Jimmy Carr: Being Funny	
139 SKY SCI-FI	7.00 Star Trek: The Next Generation		8.00 Star Trek: Voyager		9.00 From			
113 SKY MAX	7.00 Stargate Atlantis		8.00 Magnum P.I.		9.00 Fast & Furious: Greatest Moments...		10.00 Never Mind the Buzzcocks	
109 ALIBI	7.00 Person of Interest		8.00 Death in Paradise		9.00 Father Brown		10.00 Shakespeare & Hathaway: Private...	
130 SKY ARTS	7.00 Master Crafters: The Next Generation		8.00 Discovering: Albert Finney		9.00 Discovering: Dean Martin		10.00 I Am Burt Reynolds	
132 W	7.00 MasterChef Australia			8.30 Property Brothers: Forever Homes		9.30 Stacey Dooley Sleeps Over: Family and Me		
DOCUMENTARY								
125 DISCOVERY	7.00 Street Outlaws		8.00 Alaska: The Last Frontier		9.00 Gold Rush: Mine Rescue with Freddy...		10.00 Hoffman Family Gold	
162 ANIMAL PLANET	7.00 Dodo Heroes		8.00 From Wags to Riches		9.00 Pit Bulls & Parolees: Tia's Tales		10.00 Alaskan Bush People	
129 NAT GEO	7.00 Air Crash Investigation		8.00 World War II: Secrets From Above		9.00 World War II: The Apocalypse		10.00 Hitler's Death Squad	
123 SKY HISTORY	7.00 Forged in Fire		8.00 What on Earth?		9.00 History's Greatest Mysteries		10.00 The UnXplained with William Shatner	
155 YESTERDAY	7.00 Bangers & Cash		8.00 Secrets of the London Underground		9.00 Retro Electro Workshop		10.00 Bangers & Cash	
121 SKY DOCS	7.00 The Story of Late Night		8.00 The Good Fight Club		9.00 Juan Carlos: Downfall of the King		10.00 Last Call: When a Serial Killer Stalked...	
FILMS - Sky Cinema								
301 PREMIERE	◂ 6.10 The Best Man		8.00 Maggie Moore(s)			9.50 Babylon		
303 HITS	◂ 6.00 Conan the Barbarian		8.00 xXx: The Next Level			9.45 Life		
304 GREATS	◂ 6.20 Kramer vs Kramer		8.10 Guys and Dolls					
305 ANIMATION		7.20 Hotel Transylvania 3: Summer Vacation			9.05 DC Super Hero Girls: Hero of the Year			10.30 Open Season 3
306 FAMILY	◂ 6.00 Racing Stripes		8.00 Clifford the Big Red Dog			9.40 Cinema List	10.00 Hero Mode	
307 ACTION	◂ 6.00 Uncharted		8.00 The Matrix					10.20 Homefront
308 COMEDY	◂ 5.50 The Fighting Temptations		8.00 Kinky Boots			9.55 Ticket To Paradise		
309 THRILLER	◂ 6.00 Side Effects		8.00 To Catch a Killer				10.05 Snitch	
310 DRAMA	◂ 5.45 The Light Between Oceans		8.00 Big Fish					10.15 Call Me By Your Name
311 SUMMER SCARES	◂ 6.05 Insidious: Chapter 3		8.00 The Woman in Black				10.00 Saw: The Final Chapter	
302 5 STAR MOVIES	◂ 6.15 Shaun of the Dead		8.00 Ghostbusters: Afterlife				10.10 Jaws	
313 FILM4	◂ 6.45 Keeping Up with the Joneses				9.00 Jumanji: The Next Level			
SPORT								
401 MAIN EVENT	7.00 EFL Cup – Live: Wrexham v Wigan Athletic (Kick-off 8.00)							10.30 Back Pages...
402 PREMIER LEAGUE	7.00 The Transfer Show		8.00 Premier League Years				10.00 PL Icons	10.30 PL Retro
403 FOOTBALL	7.00 EFL Cup – Live: Wrexham v Wigan Athletic (Kick-off 8.00)							10.30 EFL Goals
404 CRICKET	◂ 6.00 The Hundred Live – Live: London Spirit Men v Southern Brave Men					9.30 The Hundred		
410 TNT SPORTS 1		7.15 Badminton	7.30 Football	8.00 UEFA Champions League – Live: Coverage of a qualifying match (Kick-off 8.00)			10.00 Premier League Preview	
411 TNT SPORTS 2		7.15 PTO Triathlon		8.00 UEFA Champions League – Live: Coverage of a qualifying match (Kick-off 8.00)			10.00 UEFA Champions League Greatest...	

◂ Denotes programmes starting before 7.00pm † Regions vary

TUESDAY

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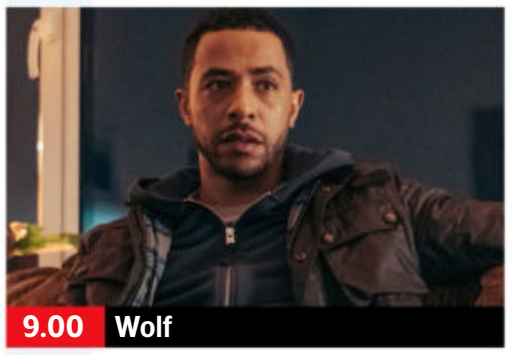
Tuesday

BBC1

101 101 | 101 101 | 1 101 | 101 101/106

6.00 AM **Breakfast** (S)
9.15 **Countryfile Treasures** Sean Fletcher visits Whitby. (S)(R)
10.00 **Dom Does America** (S)(R)
10.30 **Defenders UK** (S)(R)
11.15 **Homes Under the Hammer** (S)(R)
12.15 PM **Bargain Hunt** (S)(R)(AD)
1.00 **BBC News** (S)
1.30 **Local News** (S)
1.45 **Animal Park** New edition 2/15. The koala breeding programme prepares for a new arrival. (S)(AD)
2.30 **Rick Stein's Cornwall** (S)(R)(AD)
3.00 **I Escaped to the Country** Two house hunters who moved to Dumfries and Galloway. (S)(R)
3.45 **Make It at Market** (S)(R)(AD)
4.30 **The Repair Shop** (S)(R)(AD)
5.15 **Pointless** New edition Quiz. (S)
6.00 **BBC News** (S)
6.30 **Local News** (S)



9.00 Wolf

7 PM

7.00 **Rip Off Britain: Holidays** The holiday makers who arrived at their hotels that had been closed for years. (S)(R)
7.30 **EastEnders** Honey attempts to get Ben to open up to Callum.(S)(AD)

8 PM

8.00 **Dragons' Den** 4/14. A dog-loving husband and wife duo try to collar some investment cash, while a young man hopes that he's found the formula for success with his eco-friendly disinfectant. (S)(R)

9 PM

9.00 **Wolf** New episode *Night Terror:* 4/6. As he investigates further, Jack becomes convinced the Donkey Pitch killer is still at large. In the house of horrors, a paranoid Honey thinks they are being watched. (S1) (S)(AD)

10 PM

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 **Gaia: A Death on Dancing Ledge** 2/3. Zara McDermott's investigation uncovers a world of online grooming. (S)(R)
11.25 **Extraordinary Portraits with Bill Bailey** 4/6. With magic realist painter Belinda Eaton. (S)(R)(AD)
11.55 **Weather for the Week Ahead** Seven-day forecast. (S)
12.00 M'T **to 6.00** AM **BBC News** (S)

• *Alternative schedule* If BBC1 show today's World Cup football, the schedule will be: **8.45am LIVE Football: Women's World Cup** The seventh last-16 match. **11.30 LIVE Football: Women's World Cup** The eighth last-16 match. **2.15pm BBC News 2.45 Local News 3.00-3.45pm Animal Park**

BBC2

102 102/115 802 | 102 102 | 2 102 | 102 102/106

6.30 AM **Saturday Kitchen Best Bites** Highlights from the series. (S)(R)
8.00 **Sign Zone: Earth** (S)(R)(AD)
9.00 **Nicky Campbell** (S)
11.00 **BBC News** (S)
1.00 PM **The Super League Show** Action from recent fixtures. (S)(R)
1.30 **Impossible** (S)(R)
2.15 **Mastermind** (S)(R)
2.45 **Beechgrove Repotted** (S)(R)
3.00 **Great British Menu** (S)(R)
4.00 **World's Sneakiest Animals** (S)(R)
5.00 **Portillo's State Secrets** 1/10. The history of Dr Crippen. (S)(R)(AD)
5.30 **LIVE Cycling: World Championships** Coverage of the sixth day's races of the World Track Championships from the Sir Chris Hoy Velodrome in Glasgow, including the men's 1km time trial. *Coverage continues on BBC3.* (S)

8.00 Your Home Made Perfect

7 PM

7.00 **Mediterranean with Simon Reeve** 2/4. Simon explores Cyprus, Lebanon, Israel and Gaza, going on patrol with UN peacekeepers, discovering the roots of Christianity and crossing heavily fortified borders. (S)(R)

8 PM

8.00 **Your Home Made Perfect** New edition 7/8. Architects Laura Jane Clark and Julian McIntosh compete to help a couple from Solihull whose barn conversion needs a serious overhaul if it is to work as a family home. (S)(AD)

9 PM

9.00 **NEW SERIES Ultimate Wedding Planner** 1/6. Aspiring wedding planners battle it out to become the best in the business, with six brave couples telling them take full control of their big day. *See feature, page 8.* (S)(AD)

10 PM

10.00 **The Omid Djalili Show** Topical stand-up comedy and sketch show. (S)(R)
10.30 **Newsnight** (S)
11.10 **Weather** (S)
11.15 **FILM Clemency** Drama with Alfre Woodard, Richard Schiff, Danielle Brooks and Michael O'Neill. (S) (2019, 15, 105min) ★★★★
1.00 AM **Sign Zone: Reframed: Marilyn Monroe** 3&4/4. (S)(R)
2.30 **Sign Zone: Claimed and Shamed**
3.15 **to 6.30** AM **Previews** (S)

• *Alternative schedule* If BBC1 show World Cup football, the BBC2 schedule will be: **6.15am Saturday Kitchen Best Bites 7.45 Sign Zone: Earth 8.45 Breakfast 9.15 Countryfile Treasures 10.00 Dom Does America 10.30 Defenders UK 11.15 Homes Under the Hammer 12.15-1.00pm Bargain Hunt**

ITV1

103 103/176 803 | 103/113 | 3 103 | 103 111

6.00 AM **Good Morning Britain** (S)
9.00 **Lorraine** (S)
10.00 **This Morning** (S)
12.30 PM **Loose Women** (S)
1.30 **ITV News** (S)
1.55 **Local News** (S)
2.00 **James Martin's Islands to Highlands** Mid Wales. (S)(R)(AD)
3.00 **Lingo** Quiz show. (S)(R)
4.00 **Tipping Point** Game show. (S)(R)
5.00 **The Chase** Quiz show. (S)(R)
6.00 **Local News** (S)
6.30 **ITV News** (S)

• *Alternative schedule* If ITV show today's World Cup football, the schedule will be: **8.30am LIVE Football: Women's World Cup** The seventh last-16 match. **11.30 LIVE Football: Women's World Cup** Coverage of the eighth last-16 tie. **2.15 ITV News 2.30-3.00pm James Martin's Great British Adventure**

7.30 Emmerdale

7 PM

7.30 **Emmerdale** Laurel decides to join Jai in India but is captured by Colin. Elsewhere, Dan must make a choice about his future. (S)(AD)

8 PM

8.00 **Paul O'Grady's Little Heroes** 6/6. A 13-year-old prepares for a transplant. (S)(R)(AD)
8.30 **Love Your Garden** New edition The team make over a garden in Wales. (S)(AD)

9 PM

9.00 **Cooking with the Stars** Series finale 6/6. Emma Willis and Tom Allen host the Grand Final of the celebrity cookery competition, as the three remaining stars face their toughest challenge yet. (S)(AD)

10 PM

10.00 **ITV News** (S)
10.30 **Local News** (S)
10.45 **Code Blue: The Killing of June Fox-Roberts** 1/2. Following attempts to identify the killer of a beloved grandmother. (S)(R)(AD)
11.45 **British Touring Car Championship Highlights** Action from the Croft Circuit. (S)(R)
1.10 AM **The Masked Singer** 2/8. Celebrity singing contest. (S)(R)
2.20 **Winning Combination** (S)(R)
3.10 **Gino's Cooking Up Love** Cooking Italian cuisine. (S)(SL)(R)(AD)
3.55 **Unwind with ITV** (S)
5.10 **Made in Britain** (S)(SL)(R)(AD)
5.35 **to 6.00** AM **Karen Carney's Leaders of the Pack** (S)(SL)(R)

+1 hour 203 | 303 | 35 | 112

CHANNEL 4

104 104/108 804 | 104/108 | 4 104 | 104/106

6.15 AM **Countdown** (S)(R)
6.55 **Cheers** 6&7/22. (S1) (S)(R)
7.50 **Everybody Loves Raymond** (S)(R)
8.40 **Frasier** 6&7/24. (S7) (S)(R)(AD)
9.40 **The Big Bang Theory** (S)(R)(AD)
10.35 **The Simpsons** (S)(R)(AD)
11.35 **News** (S)
11.40 **Four in a Bed** (S)(R)
2.10 PM **Countdown** New edition (S)
3.00 **A Place in the Sun** (S)(R)
4.00 **A New Life in the Sun: Where Are They Now?** (S)(R)
5.00 **Sun, Sea and Selling Houses** Helping a couple to find a spacious villa in Almeria. (S)(R)
6.00 **The Simpsons** *Bart the Lover:* Mrs Krabappel searches for love in the personal ads. (S)(R)(AD)
6.30 **Hollyoaks** Warren and Norma decide to expand their business with Grace's help. (S)(AD)

8.00 Bake Off: The Professionals

7 PM

7.00 **News** (S)

8 PM

8.00 **Bake Off: The Professionals** New edition 6/10. Chocolate Week sees the remaining four teams create 48 chocolate desserts before tackling a showpiece that features 48 safari-themed chocolate bars and a moving part. (S)(AD)

9 PM

9.00 **Sky Coppers** New edition 5/6. The Drone Unit follows a passenger who is fleeing from a hit-and-run incident, leaving the driver to face the music, and two high-risk football matches are put under surveillance. (S)(AD)

10 PM

10.00 **999: On the Front Line** 3/10. Paramedics are called to reports of a man collapsed in the street and in cardiac arrest. They arrive on the scene to find him surrounded by police officers who have been carrying out CPR. (S)(R)
11.05 **First Dates** Those taking part include 54-year-old self-confessed man-eater Caroline (S)(R)(AD)
12.10 AM **Ramsay's Kitchen Nightmares USA** (S)(SL)(R)
1.00 **The Last Leg** (S)(SL)(R)
1.55 **The Girl from Plainville** (S)(SL)(R)
3.35 **The Unique Boutique** (S)(SL)(R)
4.30 **Great Big Tiny Design Challenge with Sandi Toksvig** (S)(SL)(R)(AD)
5.25 **to 6.15** AM **Undercover Boss Australia** (S)(R)

+1 hour 204/208 | 304 | 15 | 121

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

CHANNEL 5

105 105 805 | 105 | 5 105 | 105 105

5.25 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.15 **Storm Huntley** (S)
12.40 PM **Alexis Conran** (S)
1.40 **News** (S)
1.45 **Home and Away** (S)(R)(AD)
2.15 FILM PREMIERE **Murders to Die For** Thriller starring Kate Miner and Matthew MacCaull. (S) (2023, PG, 88min) ★★★
4.00 **Bargain-Loving Brits in the Sun** A look back at some of the best bits of the series, featuring best friends and neighbours Bambi and Johnny. (S)(R)
5.00 **News** (S)
6.00 **Eggheads** Greek Geekers take on the quiz experts. (S)(R) **6.30** Quizness Secrets of the Pharoah take part. (S)(R)
6.55 **News** (S)

8.00 The Yorkshire Vet

7.00 **Dogs Behaving (Very) Badly** Graeme meets a dog with severe separation anxiety and attachment issues. (S)(R)

7.55 **News** (S)

8.00 **The Yorkshire Vet** Series finale A frog called Kermit has a very delicate problem at his rear end, Julian operates on a cat with a strange lump, and a ewe is struggling to give birth to large twin lambs. (S)(AD)

9.00 **The Child Snatcher: Manhunt** Series finale 2/2. The police believe that they have their strongest suspect to date but he is refusing to talk to them and there is a lack of forensic evidence. (S)

10.00 **Crimes That Shook Britain: The Murder of Sally Anne Bowman** Documentary examining the 2005 murder of the 18-year-old model who was founded stabbed outside her Croydon home. (S)(R)

11.05 **Motorway Cops: Catching Britain's Speeders** The hunt for an escaped prisoner. (S)(R)
12.05 AM **Traffic Cops** (S)(R)
1.05 **Teleshopping** (S)
3.25 **World's Most Luxurious Private Jets** (S)(R)
4.10 **OMG: My Barbie Body** (S)(R)
4.55 **Wildlife SOS** (S)(SL)(R)
5.20 **to 5.25** AM **Entertainment News** (S)

+1 hour 205 | 305 | 38 | 128

SKY SHOWCASE

106 106 806 | 109 | 340 355

6.00 AM **The Early Rundown**
7.00 **Kay Burley**
8.00 **Monkey Life** (S)(R)
9.00 **Nothing to Declare** (S)(R)
10.00 **The Flash** 21/23. (S3) (S)(R)
11.00 **NCIS: New Orleans** (S7) (S)(R)
1.00 PM **Hawaii Five-0** (S7) (S)(R)
2.00 **MacGyver** 7/15. (S5) (S)(R)
3.00 **The Equalizer** 4/18. (S3) (S)(R)
4.00 **A League of Their Own** (S)(R)
5.00 **The Simpsons** *Sweets and Sour Marge:* Springfield is named the world's fattest town. (R)
5.30 **American Auto** 7/10. The executives realise a Payne car may have a faulty part. (S)(R) **6.00** 8/10. The team attempt to boost morale. (S1) (S)(R)
6.30 **The Simpsons** *The Lastest Gun in the West:* Bart befriends an ageing film star. (S)(R)

9.00 From

7.00 **The Simpsons** *The Old Man and the Key:* Grampa woos a new resident at the nursing home. (S)(R) **7.30** *Tales from the Public Domain:* The family appear as weel-known characters in a trilogy of tales. (S)(R)

8.00 **David Attenborough's Global Adventure: The Rise of Nature** The broadcaster explores the rise of life on Earth, from the emergence of the first creatures to the wildlife of today. (S)(R)(AD)

9.00 **From** New episode *Lullaby:* 5/10. Sara must face the music as word of her return spreads through the town, while Victor and Jade strike an unlikely bargain. (S)

10.05 **From** New episode *Pas de Deux:* 6/10. Tensions run high at Colony House when word of the food shortage leaks, while a night at the clinic takes a terrifying turn. (S2) (S)
■ Entire series on Box Sets

11.05 **The Blacklist** 7/22. The return of the Freelancer unveils a conspiracy involving a photographer, while Ressler hits a milestone. (S10) (S)(R)
12.05 AM **The Force: North East** (R)
1.05 **Road Wars** (S)(R)
2.00 **The Equalizer** (S3) (S)(R)(AD)
3.00 **Hawaii Five-0** (S7) (S)(R)
4.00 **MacGyver** 7/15. (S5) (S)(R)
5.00 **to 6.00** AM **The Early Rundown**

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky **964**, Virgin **862**, Freesat **964**
7.00-7.30pm River City: Amber talks to Stevie about her past. (S)(R)

N. IRELAND
Sky **966**, Virgin **863**, Freesat **966**
10.40pm Bikes! Armoy Road Races New edition (S) **11.20** Gaia: A Death on Dancing Ledge (S)(R) **12.05am** Extraordinary Portraits with Bill Bailey (S)(R)(AD) **12.40-6.00am** BBC News (S)

WALES
Sky **965**, Virgin **864**, Freesat **965**
7.00-7.30pm Iolo's Borderlands (S)(R) **10.40** Ruck Stars (S)(R) **11.10** Gaia: A Death on Dancing Ledge (S)(R) **11.55** Extraordinary Portraits with Bill Bailey (S)(R)(AD) **12.25-6.00am** BBC News (S)

BBC2

N. IRELAND
Sky **969**, Freesat **969**
No variations

WALES
Sky **968**, Freesat **968**
No variations

ITV1

No variations

S4C

Sky **134**, Virgin **164**, Freesat **120**
6.00am Cyw **10.00** Eisteddfod Genedlaethol Cymru New edition **12.00noon** Newyddion S4C a'r Tywydd **12.05pm** Eisteddfod Genedlaethol Cymru New edition **2.00** Newyddion S4C a'r Tywydd **2.05** Eisteddfod Genedlaethol Cymru New edition **4.00** Eisteddfod Genedlaethol Cymru New edition **6.15** Ffilmiau Ddoe **6.20** Ffilmiau Ddoe **6.30** Ralio+ **6.57** Newyddion S4C **7.00** Heno o'r Steddfod New edition **7.30** Newyddion S4C a'r Tywydd **8.00** Eisteddfod Genedlaethol Cymru New edition **9.25** Newyddion S4C a'r Tywydd **9.30** Am Dro! (AD) **10.30** Y Babell Lên New edition **11.30pm-1.00am** Eisteddfod Genedlaethol Cymru

TV&Satellite week
New issue on sale today

BBC3

115/117/121 | 107/157 | 23 107 | 179 | 107

BBC3 programmes start at 7.00pm

7.00 PM LIVE **Cycling: World Championships** Coverage of day six of the annual World Track Championships staged at the Sir Chris Hoy Velodrome in Glasgow.
9.00 **The Catch Up**
9.05 **MOTD: Women's World Cup Highlights** Action from the seventh and eighth last-16 matches.
9.30 **Champion** 6/8. Beres, Aria and Vita travel to Jamaica for a family funeral, where the story of Aria's musical career comes to light. (S1)
10.15 FILM **Equals** Sci-fi romance starring Kristen Stewart and Nicholas Hoult. Two workers in a dystopian future where all emotion is ruthlessly suppressed develop stromg feelings for each other. (2015, 12, 101min) ★★★
11.50 **Dreaming Whilst Black**
12.40 AM **Go Hard or Go Home**
1.40 **Fresh Cops**
2.40 **Hot Cakes**
3.10 **Sky High Club: Scotland and Beyond**
3.40 **to 3.55** AM **Lazy Susan**

BBC4

116 116 | 107/108 | 9/24 106 | 108

BBC4 programmes start at 7.00pm

7.00 PM **River Walks** Sean Fletcher walks an eight-mile route along the River Lea.
7.30 **Great American Railroad Journeys** Michael Portillo travels from Sedalia to St Joseph in Missouri.
8.35 **Some Mothers Do 'Ave 'Em** Frank has problems with a toilet.
9.00 **Yes, Minister** First-ever episode of the comedy. MP Jim Hacker settles into his new job as Minister for Administrative Affairs.
9.30 **The Thick of It** 1/8. Political comedy starring Peter Capaldi. An unknown MP is appointed as minister in a Cabinet reshuffle. (S3)
10.00 **George Alagiah: Mixed Britannia** Triple bill of the documentary exploring the history of Britain's mixed-race communities.
1.00 AM **Great American Railroad Journeys**
2.00 **Patagonia: Earth's Secret Paradise**
3.00 **to 4.00** AM **Tchaikovsky: Fortune and Tragedy**

MORE4

136/137 831 | 147 | 18 | 124

8.55 AM **Kirstie's House of Craft**
9.15 **A Place in the Sun**
10.05 **A New Life in the Sun: Road Trip** Documentary.
11.05 **Find It, Fix It, Flog It**
1.10 PM **Heir Hunters**
3.10 **Four in a Bed**
5.50 **The Secret Life of the Zoo** Keepers introduce a male to the spotty chocolate poison dart frog colony.
6.55 **The Dog House Australia** New edition Amrita gets more than she bargained for with a Jack Russell cross.
7.55 **Grand Designs** Kevin McCloud follows an ambitious build in Cornwall, as Leigh and Richard plan to transform a derelict 17th-century flour mill into a contemporary home.
9.00 **24 Hours in A&E** A 74-year-old man is rushed in with suspected sepsis and his wife shares her experience as his carer.
10.00 **Rescue: Extreme Medics** The air ambulance is dispatched to two road traffic collisions, while on the west bank of Loch Lomond, a minibus carrying 15 tourists has collided with a car.
11.05 **24 Hours in A&E**
12.10 AM **Emergency Helicopter Medics**
1.15 **999: On the Front Line**
2.20 **24 Hours in A&E**
3.25 **to 3.50** AM **Food Unwrapped**

+1 hour 236/237 | 347 | 125

E4

135/136 830 | 106 | 13 | 122

6.00 AM **Hollyoaks**
7.00 **Ramsay's Kitchen Nightmares USA**
9.00 **Young Sheldon**
10.00 **Brooklyn Nine-Nine**
11.00 **Modern Family**
12.00 NOON **The Big Bang Theory** (S10&7)
2.00 PM **The Neighborhood**
3.00 **Modern Family**
4.00 **Young Sheldon**
5.00 **The Big Bang Theory**
7.00 **Hollyoaks** Ella's birthday party doesn't go to plan.
7.30 **Young Sheldon** 2/22. The nine-year-old employs self-help techniques to try and make a friend. (S1)
8.00 **Taskmaster Bleeped** John Kearns gets nostalgic about fonts, Sarah Millican looks for a door, and Munya Chawawa falls in a bath.
9.00 **Gogglebox** *Piers Morgan Uncensored* and *Inside the Force: 24/7* are appraised.
10.00 **Naked Attraction's Best Naughty Bits** A look back at dates that turned into full-on romance, as well as those that ended in disaster.
11.05 **Gogglebox**
12.05 AM **First Dates**
1.10 **Impractical Jokers**
2.10 **Gogglebox**
3.00 **The Big Bang Theory**
3.50 **Brooklyn Nine-Nine**
4.40 **Black-ish**
5.30 **to 6.00** AM **Modern Family**

+1 hour 235/236 | 306 | 30 | 123

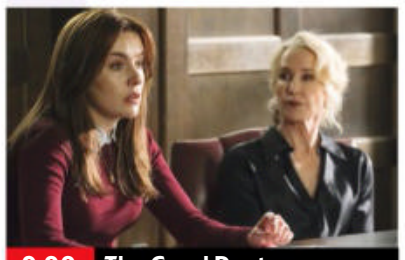
TUESDAY Entertainment

Tuesday

Sky Witness

107 107 807 110 341 356

6.00 AM **Air Ambulance ER**
7.00 **Border Security: Canada's Front Line**
8.00 **Border Patrol**
10.00 **Stop, Search, Seize**
11.00 **The Rookie** 12/22. (S4)
12.00 NOON **FBI: Most Wanted** (S1)
1.00 PM **FBI: International** (S1)
2.00 **Blue Bloods** 6/16. (S11)
3.00 **The Equalizer** 4/18. A motorcycle club seek the team's help in keeping a member out of prison. (S3)
4.00 **Nothing to Declare**


9.00 The Good Doctor

7 PM
7.00 **Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.

8 PM
8.00 **Blue Bloods** *In Too Deep:* 7/16. After witnessing a drive-by shooting, Danny clashes with the detective assigned to the case. (S11)

9 PM
9.00 **The Good Doctor** New episode *The Good Lawyer:* 16/22. Shaun seeks legal help. *See feature, page12.* (S6)

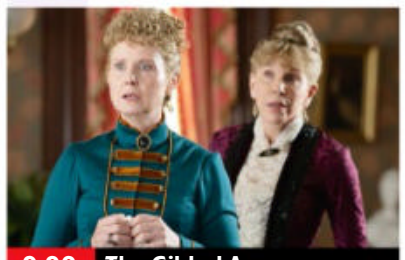
10 PM
10.00 **Law & Order: Organized Crime** New episode *Partners In Crime:* 12/22. Bell targets a crime boss. (S3)
11.00 **New Amsterdam** 20/22. (S4)
12.00 M'T **The Equalizer** 3/18. (S3)
1.00 AM **Private Eyes** 8/12. (S4)
2.00 **Departure** New episode (S3)
3.00 **Chicago Fire** 1/22. (S10)
4.00 **Stop, Search, Seize**
5.00 **to 6.00** AM **Air Ambulance ER**

+1 hour 207 310

Sky Atlantic

108/109 108/109 808 342 357

6.00 AM **Richard E Grant's Hotel Secrets** Double bill.
7.55 **Boardwalk Empire** (S2)
10.05 **The Sopranos** 8&9/21. (S6)
12.15 PM **Game of Thrones** (S1)
1.20 **Britannia** 6&7/10. (S2)
3.30 **Boardwalk Empire** 1/12. Nucky faces new threats to his power as 1923 begins. **4.35** 2/12. Eli returns to a changed Atlantic City. (S3)
5.45 **The Sopranos** 10/21. Johnny Sack's trial begins. **6.50** 11/21. Phil pressures Tony into killing Vito. (S6)


9.00 The Gilded Age

7.55 **Game of Thrones** *Fire and Blood:* 10/10. Catelyn confronts Jaime Lannister about Bran's fall, and Arya attempts to flee the capital. (S1)

9.00 **The Gilded Age** *A Long Ladder:* 4/9. In the aftermath of a tragedy, George agrees to help Bertha. (S1)

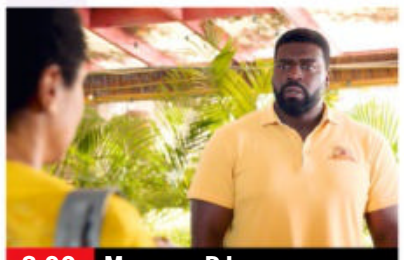
10.05 **Mildred Pierce** *Part Three:* 3/5. Mildred is delighted that her life seems to have taken a turn for the better. (S1)
11.25 **Little Birds** 6/6. (S1)
12.30 AM **The Time Traveler's Wife** 5/6. Henry has a chance to step inside Clare's home and meet her family. (S1)
1.35 **Game of Thrones** (S1)
4.00 **to 6.00** AM **Richard E Grant's Hotel Secrets**

+1 hour 208/209

Sky Max

113/114 113/114 111 346 361

6.00 AM **Stargate Atlantis** (S3)
8.00 **Supergirl** 16/23. (S3)
9.00 **DC's Legends of Tomorrow**
10.00 **The Flash** 21/23. (S3)
11.00 **NCIS: New Orleans** (S7)
1.00 PM **Hawaii Five-0** (S7)
2.00 **MacGyver** 7/15. (S5)
3.00 **DC's Legends of Tomorrow**
4.00 **Supergirl** 17/23. (S3)
5.00 **The Flash** 21/23. Barry tries to stop Savitar. (S3)
6.00 **Stargate Atlantis** 3/20. A mysterious stranger manipulates the team. (S3)


8.00 Magnum P.I.

7.00 **Stargate Atlantis** *Sateda:* 4/20. Ronon is captured by the Wraith and taken to his home planet of Sateda. (S3)

8.00 **Magnum P.I.** *Birthright:* 7/20. Thomas and Higgins investigate the robbery of an elderly man with Alzheimer's. (S5)

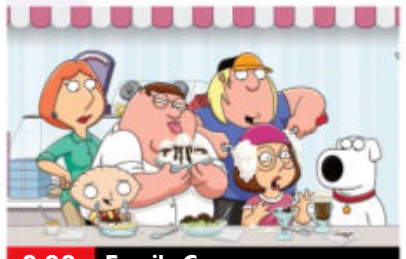
9.00 **Fast & Furious: Greatest Moments Refuelled** Fans' favourite moments from the movie franchise.

10.00 **Never Mind the Buzzcocks** With Joe Wilkinson and Aitch. **10.45** With Maisie Adam and Rag'n'Bone Man.
11.30 **The Blacklist** 7/22. The Freelancer returns. (S10)
12.30 AM **Then You Run** 5/8. (S1)
1.30 **Road Wars** Documentary.
2.00 **Rob & Romesh vs Classical Music** New edition
3.00 **Hawaii Five-0** 23/25. (S7)
4.00 **MacGyver** 7/15. (S5)
5.00 **to 6.00** AM **Motorbike Cops**

ITV2

118 118 816 115 6 113

6.00 AM **World's Funniest Videos**
6.35 **Totally Bonkers Guinness World Records**
7.00 **Dress to Impress**
8.00 **One Tree Hill** 20/22. (S7)
9.00 **Dawson's Creek** 1/23. (S4)
10.00 **Secret Crush**
11.00 **Dress to Impress**
12.00 NOON **Dinner Date**
1.00 PM **Family Fortunes**
2.00 **Chuck** 7/13. (S5)
3.05 **One Tree Hill** 21/22. (S7)
4.00 **Dawson's Creek** 2/23. (S4)
5.00 **Dinner Date**


9.00 Family Guy

6.05 FILM **Harry Potter and the Deathly Hallows: Part I** Fantasy adventure sequel starring Daniel Radcliffe. Harry Potter and his allies put their friendship to the test as they seek to defeat Voldemort. (2010, 12, 103min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **Family Guy** 7/21. Brian becomes a writer. **9.30** 10/21. Peter has kidney failure after drinking kerosene. (S9)

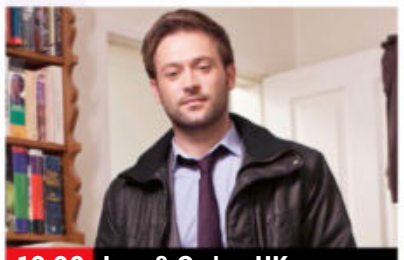
10.00 **Plebs** 3/6. Marcus swaps roles with Grumio as a treat for his slave. **10.30** 4/6. Marcus befriends a stray cat. (S1)
11.00 **Family Guy** 14/22. Lois agrees to be a surrogate mother. (S8)
11.30 **American Dad!** (S10)
12.30 AM **Stand Up Sketch Show**
1.35 **Iain Stirling's CelebAbility**
2.20 **Totally Bonkers Guinness World Records**
2.50 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114

ITV3

119 119 817 117 10 115

6.00 AM **Classic Emmerdale**
7.00 **Classic Coronation Street**
8.05 **Never the Twain**
9.15 **The Royal** Double bill.
11.35 **Heartbeat**
1.40 PM **Classic Emmerdale**
2.45 **Classic Coronation Street**
3.50 **A Touch of Frost** *Fun Times for Swingers:* A gigolo is murdered, triggering an investigation that takes Jack into the world of male escorts.
6.00 **Heartbeat** *Precious Stones:* David becomes a hero after chasing an armed robber.


10.00 Law & Order: UK

7.00 **Heartbeat** *Buried Secrets:* The police investigate a murder and suspect a building dispute could provide a motive.

8.00 **Midsomer Murders** *The Dagger Club:* The unveiling of a newly discovered novel by a deceased writer is jeopardised when the manuscript is stolen, and an artist is electrocuted by a lethal roulette wheel.

10.00 **Law & Order: UK** *Dawn Till Dusk:* 6/7. The team juggle three cases in a day, including a barman who is shot dead. (S6)
11.00 **Unforgotten** 2/6. (S2)
12.05 AM **The Royal** *Best of Intentions:* Susie has to think fast when Matron collapses. **1.05** *Compromising Positions:* Sister Brigid tries to secure a future for Moira and her baby.
2.10 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 59 116

BBC Scotland

SCOT 115 108 9 106 106
REST OF UK 187 162 110

12.00 NOON **This Is BBC Scotland**
1.00 PM LIVE **Cycling: World Championships** Day six of the Championships, featuring the road mixed team time-trial event.
4.20 **This Is BBC Scotland**
7.00 **Scotland's Sacred Islands with Ben Fogle** 1/4. The adventurer explores the spiritual legacy of remote islands.
8.00 **Island Crossings** 3/8. A last-minute ferry cancellation jeopardises an order of scallops.
9.00 **The Nine**
10.00 NEW **Meet the Clan** The inauguration of the newly confirmed chief of Clan Buchanan.
11.00 PM **to 12.00** M'T **David Wilson's Crime Files** 1/10. The criminologist discusses the cases of Scottish serial killers Peter Manuel and Peter Tobin.

Sky Comedy

114/115 112 347 362

8.00 AM **Sort Of** (S1)
9.00 **Entourage** (S2)
10.00 **The Conners** (S1)
11.00 **Bloods** 8/10. (S2)
11.30 **Veep** 8&9/10. (S2)
12.50 PM **How to Make It in America** 6/8. (S1)
1.30 **Entourage** (S2)
2.30 **Fresh Prince of Bel Air**
3.30 **The Conners** (S1&2)
4.30 **Sort Of** (S1&2)
5.30 **American Auto** (S1)
6.00 **Will & Grace** (S8)
7.00 **Fresh Prince of Bel Air**
8.00 **The Office (US)** (S3)
9.00 **Curb Your Enthusiasm** 3/10. Larry attends a film premiere. **9.35** 4/10. Larry accuses a TV boss of theft. Guest stars Julia Louis-Dreyfus. **10.10** 5/10. Larry spots his psychotherapist wearing a thong. (S2)
10.45 **Breeders** 8-10/10. (S1)
12.15 AM **Bloods** (S2)
1.15 **Work in Progress** (S1)
2.30 **2 Dope Queens** (S2)
3.40 **to 5.00** AM **Veep**

Sky Arts

130/131 140 123 11 147 365

6.00 AM **An Evening with Il Divo** A 2009 concert.
8.00 **Watercolour Challenge**
9.00 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **Discovering: Peter Finch**
12.00 NOON **Joy of Painting**
1.00 PM **Tales of the...**
2.00 **Watercolour Challenge**
3.00 **The Art of Architecture**
4.00 **Discovering: Gene Wilder**
5.00 **Tales of the Unexpected**
6.00 **Hitchcock Presents**
7.00 **Master Crafters: The Next Generation**
8.00 **Discovering: Albert Finney**
9.00 **Discovering: Dean Martin**
10.00 **I Am Burt Reynolds**
11.40 **Nina Simone: The Lost Album**
1.10 AM **The Story of British Cinema: Pioneer Years**
2.40 **Classic Literature & Cinema** Crime novels.
3.40 **Sky Arts Book Club**
4.40 **to 6.00** AM **Auction**

Pick

151 135 36 144

7.00 AM **Border Security: America's Front Line**
8.00 **Nothing to Declare**
9.00 **Motorway Patrol**
10.00 **Highway Cops**
11.00 **Highway Patrol**
12.00 NOON **Motorway Patrol**
1.00 PM **Border Patrol**
2.00 **Border Security: America's Front Line**
3.00 **Nothing to Declare**
4.00 **Warehouse 13** (S2)
5.00 **Quantum Leap** (S1)
6.00 **Merlin** 4/13. (S2)
7.00 **Star Trek: Voyager** *Spirit Folk:* 17/26. (S6)
8.00 **NCIS: New Orleans** *Predators:* 20/20. (S6)
9.00 **The Rookie** 1/14. (S3)
10.00 **Grimm** 7/13. (S6)
11.00 **Snapped**
12.00 M'T **Killer in My Village**
1.00 AM **The Force: North East** Documentary.
2.00 **UK Border Force**
3.00 **Highway Patrol**
4.00 **Motorway Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Be

131/132 119 28 119

7.00 AM **Sam and Billie: The Mummy Diaries**
8.00 **Buying and Selling**
9.00 **LittleBe**
12.00 NOON **Sugar Showdown**
12.25 PM **Real Housewives of Beverly Hills**
1.20 **Sam and Billie: The Mummy Diaries**
2.20 **The Only Way Is Essex**
3.05 **Dinner Date**
4.05 **The Real Housewives of Atlanta** Reality series.
5.00 **The Real Housewives of Orange County**
6.00 **Masters of Flip**
7.00 **Buying and Selling**
8.00 **Jane the Virgin** New episode 3/14. (S4)
9.00 **Botched**
10.00 **Love Island USA** New edition The Islanders are in shock from their first day.
11.15 **Ready to Mingle**
12.10 AM **Only Way Is Essex**
12.55 **to 1.00** AM **Unwind**

+1 hour 319 58

GREAT! tv

157 170 50 142

6.00 AM **Sue Thomas: F.B.Eye** 2-3/19. (S2)
8.00 **Highway to Heaven**
9.00 **Danielle Steel's Zoya**
11.00 **Castle** 19-20/24. (S1)
1.00 PM **Sue Thomas: F.B.Eye** 12/19. (S2)
3.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
7.00 **M*A*S*H** 12-15/25. (S5)
9.00 **Randall and Hopkirk (Deceased)** *Whoever Heard of a Ghost Dying?* 8/26. A clairvoyant tries to exorcise Marty. (S1)
10.00 **The Persuaders!** *Take Seven* 3/24. A long-lost brother costs a woman her inheritance. (S1)
11.00 **Return of the Saint** *The Poppy Chain:* 8/24. Templar infiltrates a money racket. (S1)
12.00 M'T **M*A*S*H** (S5)
2.00 AM **Randall and Hopkirk (Deceased)**
3.00 **to 3.50** AM **The Persuaders!**

+1 hour 257 62 143

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 120 818 118 26 117

6.00 AM **Great World Cup Goals**
6.15 **Minder**
7.15 **The Sweeney**
8.15 **The Champions**
9.20 **Robin of Sherwood**
10.30 **Magnum, PI**
11.35 **Extreme Salvage Squad**
12.30 PM **The Champions**
1.35 **Robin of Sherwood**
2.45 **Magnum, PI**
3.45 **The Sweeney**
4.55 **Minder**
6.00 **Extreme Salvage Squad** The world of marine rescue.

6.55 Leaders of the Pack

6.55 **Karen Carney's Leaders of the Pack** New edition
7.30 **River Monsters** Jeremy Wade tries to find a predatory creature.
8.00 **World Rally Championship Highlights** Action from Rally Finland, the ninth round of the season.
9.00 **FILM The Other Guys** Farcical crime comedy starring Will Ferrell and Mark Wahlberg. A pair of desk-bound New York cops finally see action after they uncover a financial conspiracy. With Eva Mendes. (2010, 12, 103min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
11.15 **Wrestling: AEW Rampage** Featuring world-class talent including Powerhouse Hobbs.
12.25 AM **Auto Mundial**
12.55 **Motorsport Mundial**
1.25 **Lost Car Rescue**
2.15 **The Protectors**
2.45 **to 3.00** AM **Unwind with ITV**

+1 hour 220 318 60 118

Sky Sci-Fi

139/140 836 122 348 363

6.00 AM **Merlin** 12/13. (S2)
7.00 **The Outpost** 1/13. (S4)
8.00 **Teleshopping**
11.00 **Pandora** 5/10. (S2)
12.00 NOON **Star Trek: The Next Generation** 10-11/26 (S3)
2.00 PM **Merlin** 12/13. (S2)
3.00 **Pandora** 5/10. (S2)
4.00 **Stargate SG-1** 2/22. (S1)
5.00 **Stargate Atlantis** 1/20. (S2)
6.00 **Star Trek: The Next Generation** 10/26. Romulan Admiral Jarok risks war by defecting. (S3)

11.00 Westworld

7.00 **Star Trek: The Next Generation** *The Hunted:* 11/26. Picard becomes embroiled in the hunt for an escaped prisoner. (S3)
8.00 **Star Trek: Voyager** *Equinox:* 26/26. Part one of two. The crew encounter another Federation starship. (S5)
9.00 **From** New episode *Lullaby:* 5/10. Sara must face the music as word of her return spreads through town.
10.00 **From** New episode *Pas de Deux:* 6/10. Tensions run high when word of the food shortage leaks. (S2)
■ Entire series on Box Sets
11.00 **Westworld** 3/10. Ford throws the park into disarray when he takes over its storylines himself. **12.10** AM 4/10. Dolores finds help in the form of reluctant Westworld visitor William. (S1)
1.20 **Wynonna Earp** 4&5/12. (S4)
3.10 **Star Trek: Voyager** (S5)
4.05 **to 6.00** AM **Star Trek: The Next Generation**

Alibi

109/110 809 114 343 358

7.15 AM **Murdoch Mysteries** (S11)
9.00 **Deception** 4/13. (S1)
10.00 **Hudson & Rex** 9/16. (S1)
11.00 **Without a Trace** 13/23. (S1)
12.00 NOON **The Doctor Blake Mysteries** 9/10. (S2)
1.00 PM **Death in Paradise** (S1)
2.00 **Murdoch Mysteries** (S11)
4.00 **Deception** 4/13. (S1)
5.00 **Hudson & Rex** 9/16. (S1)
6.00 **Without a Trace** 13/23. A distraught father who has been searching for his son for six years goes missing. (S1)

9.00 Father Brown

7.00 **Person of Interest** *Reasonable Doubt:* 4/23. A prosecuting attorney is suspected of murdering her husband. (S3)
8.00 **Death in Paradise** *Wicked Wedding Night:* 2/8. A bride is shot dead with a spear gun on her wedding day. (S1)
9.00 **Father Brown** *The Chedworth Cyclone:* Suspicious circumstances surround the death of a local boxer.
10.00 **Shakespeare & Hathaway: Private Investigators** 8/10. A young mother is killed in a car accident. (S3)
11.00 **Person of Interest** As 7pm.
12.00 M'T **Hudson & Rex** 9/16. Charlie investigates the host of a local morning show after her husband is found dead. (S1)
1.00 AM **Deception** 4/13. (S1)
2.00 **Murdoch Mysteries** (S11)
2.55 **to 4.00** AM **Limetown**

+1 hour 209/210 314

GOLD

110/111 110/111 124 344 359

7.25 AM **Highlights**
9.20 **Are You Being Served?**
10.00 **Still Open All Hours**
10.40 **Last of the Summer Wine**
12.00 NOON **Keeping Up...**
12.40 PM **2point4 Children**
1.20 **Dad's Army**
2.00 **Still Open All Hours**
2.40 **Are You Being Served?**
3.20 **Last of the Summer Wine**
4.40 **Keeping Up Appearances**
5.20 **Are You Being Served?**
5.55 **The Good Life**
6.35 **Dad's Army**

8.00 dinnerladies

7.15 **Dad's Army** Mainwaring and the platoon re-enact the battle between St George and the dragon.
8.00 **dinnerladies** The crew prepare for the millennium dinner.
8.40 **Miranda** The singleton attempts to learn French, but her plans soon take a turn for the worse.
9.20 **Not Going Out** Tim is sceptical when Lee wins a writing competition.
10.00 **Live at the Apollo** Kevin Bridges introduces stand-up routines by Phill Jupitus and Sara Pascoe.
11.00 **dinnerladies** As 8pm.
11.40 **Miranda** As 8.40pm.
12.20 AM **The Fast Show** Ron Manager encounters a female commentator.
1.00 **Not Going Out** As 9.20pm.
1.40 **Live at the Apollo**
3.35 **to 4.00** AM **Desmond's**

+1 hour 210/211 324

Dave

111/112 127 19 157

7.10 AM **Yianni: Supercar Customiser** Double bill.
8.00 **Top Gear** Three-wheeled cars.
9.00 **The Force: Behind the Line**
10.00 **Outback Pilots**
11.00 **Gino's Italian Escape**
12.00 NOON **Ultimate Movers**
1.00 PM **Cop Car Workshop**
2.00 **Top Gear** Double bill.
4.00 **Richard Osman's House of Games** With Elis James.
4.40 **Room 101** With Ray Mears.
5.20 **Would I Lie to You?**
6.00 **Taskmaster** With Sally Phillips.

6.00 Taskmaster

7 PM
7.00 **Richard Osman's House of Games** With YolanDa Brown and John Thomson. **7.40** Nish Kumar, Clara Amfo, Anneka Rice and Al Murray take part.
8 PM
8.20 **Would I Lie to You?** With Carol Vorderman, Larry Lamb, Jo Brand and Russell Howard.
9 PM
9.00 **QI** Joe Lycett, Phil Wang and Ellie Taylor join Alan Davies, as host Sandi Toksvig looks at the pastimes of past times.
10 PM
10.00 **Schitt's Creek** 7/13. David comes up with a new business venture. **10.30** 8/13. Moira deals with a difficult guest. (S3)
11.00 **Have I Got a Bit More News for You** Hosted by Adil Ray. **12.00** M'T With David Mitchell.
1.00 AM **Mock the Week**
1.40 **Would I Lie to You?**
2.45 **Richard Osman's House of Games** With Ronni Ancona.
3.30 **to 4.00** AM **This Country**

+1 hour 211 327 57

4seven

137/138 143 49 127

9.00 AM **Come Dine with Me**
11.30 **A New Life in the Sun: Where Are They Now?**
12.30 PM **A Place in the Sun: Home or Away**
2.30 **Sun, Sea and Selling Houses** From Almería.
3.30 **Come Dine with Me**
6.00 **A Place in the Sun**
7.00 **Grand Designs**
8.00 **Levison Wood: Walking With Orangutans** Tracking down orangutans in the rainforests of Borneo.
9.00 **The Supervet: Noel Fitzpatrick** A Maine Coon is brought in with a fractured hip joint.
10.00 **Celebrity Gogglebox 2021** Memorable moments of the year.
11.05 **Sky Coppers**
12.05 AM **Gogglebox**
1.10 **Alone** Reality series.
2.15 **999: On the Front Line**
3.20 **A Cotswold Farm Shop**
4.15 **to 4.45** AM **Four in a Bed**

5USA

141/169 120/162 21 129

9.00 AM **NCIS** (S1)
12.00 NOON **Law & Order**
6.00 PM **NCIS** *Terminal Leave:* 6/23. Gibbs and the team find themselves in deep water with the FBI. **7.00** *Call of Silence:* 7/23. A marine veteran confesses to the murder of a friend 60 years ago. **8.00** *Heart Break:* 8/23. The team's investigation into a commander's death uncovers a long list of enemies. (S2)
9.00 **Law & Order: Criminal Intent** *The Mobster Will See You Now:* 13/16. An inspector for the department of health is murdered. (S9)
10.00 **Law & Order: Special Victims Unit** (S19)
11.55 **NCIS** 16&17/24. (S14)
1.50 AM **Law & Order**
3.35 **to 4.00** AM **Criminals: Caught on Camera**

+1 hour 241 320 130

5STAR

128/129 126 32 131

8.00 AM **Bargain-Loving Brits in the Sun**
10.00 **Car Pound Cops: Give Me My Car Back!**
11.00 **Nightmare Tenants, Slum Landlords**
12.00 NOON **Traffic Cops**
2.00 PM **Police Interceptors**
5.00 **Dogs Behaving (Very) Badly**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series. **8.00** New edition The work of doctors at a medical practice.
9.00 **Skin A&E** New edition
10.00 **Adults Only: Porn Star Parents**
11.00 **Casualty 24/7: Every Second Counts**
12.00 M'T **Evil Up Close**
1.00 AM **Coastal Crime: Caught on Camera**
2.00 **GPs: Behind Closed Doors** Medical series.
2.50 **to 3.00** AM **Entertainment News**

+1 hour 228/229 326 141

5Action

150 130 33 132

9.00 AM **Criminals: Caught on Camera**
9.25 **Trucking Hell**
10.25 **Traffic Cops**
11.25 **Police Interceptors**
12.25 PM **FILM Man without a Star** Western. (1955, PG, 89min) ★★
2.15 **FILM Showdown** Western starring Audie Murphy. (1963, b/w, PG, 79min) ★★
4.00 **Trucking Hell**
5.00 **Traffic Cops**
6.00 **Police Interceptors**
9.00 **Motorway Cops: Catching Britain's Speeders** Officers are on the hunt for an uninsured driver who might be drunk.
10.00 **Police: Suspect No 1** Following detectives on serious cases.
11.00 **Warship: Life at Sea**
12.00 M'T **Police Interceptors**
1.00 AM **Criminals: Caught on Camera**
2.00 **to 3.00** AM **Trucking Hell**

W

132/133 827 125 25 156

6.00 AM **Nigel Slater's Simple Cooking**
6.35 **Plate of Origin**
8.00 **Tipping Point**
10.00 **The Block: Australia** New edition
11.00 **Property Brothers: Forever Homes**
12.00 NOON **MasterChef...**
2.00 PM **Tipping Point**
4.00 **My Dream Home**
6.00 **Property Brothers: Forever Homes**
7.00 **MasterChef Australia** New edition
8.30 **Property Brothers: Forever Homes** New edition
9.30 **Stacey Dooley Sleeps Over: Family and Me**
10.30 **Inside the Ambulance**
11.00 **Louis Theroux: Law & Disorder in Johannesburg**
12.20 AM **One Born Every Minute** Documentary.
1.30 **Bang on Budget**
2.20 **to 3.00** AM **Date Night**

+1 hour 232/233 325

Drama

143 116 20 158

7.10 AM **Pie in the Sky**
8.00 **Lovejoy**
9.10 **Classic Holby City**
10.35 **Casualty**
11.40 **The Bill**
12.40 PM **Classic EastEnders**
2.00 **The House of Eliott**
3.00 **Lovejoy**
4.10 **Peak Practice**
5.20 **Waiting for God**
6.00 **Whatever Happened to the Likely Lads?**
6.40 **Last of the Summer Wine** Double bill.
8.00 **Dalziel & Pascoe** *Glory Days:* Tragedy strikes a leading football club when the team bus is hit by a train.
10.00 **New Tricks** *Magic Majestic:* Brian becomes locked in a battle of wits with a magician. Guest stars Sam Kelly.
11.20 **Silent Witness**
1.40 AM **Bleak House**
2.40 **to 4.00** AM **Classic Holby City**

+1 hour 243 316 60

TUESDAY Entertainment

Tuesday

Really
142 128 17 160

6.00 AM **Fantasy Homes by the Sea** From Kent.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
9.00 **The Repair Shop**
10.00 **The Bidding Room**
11.00 **Antiques Road Trip**
12.00 NOON **Money for Nothing** Side tables.
1.00 PM **A Place in the Sun**
2.00 **My 600lb Life**
3.00 **Say Yes... UK**
4.00 **Animal Cops**
5.00 **Helicopter ER**
6.00 **The Yorkshire Auction House**
7.00 **Antiques Road Trip**
9.00 **90 Day Fiancé** New edition Reality show.
10.00 **The World's Smallest Woman: Meet Jyoti**
11.00 **Ghost Adventures**
12.00 M'T **Kindred Spirits**
1.00 AM **Ghost Adventures**
2.00 **Teleshopping**
4.00 **Animal Cops**
5.00 **to 6.00** AM **Dr Jeff: Rocky Mountain Vet**

Challenge
145 139 48 146

6.00 AM **The Chase**
10.00 **Catchphrase**
11.00 **Sign2Win** Double bill.
12.00 NOON **Wheel of Fortune** Double bill.
1.00 PM **Family Fortunes**
2.00 **Classic Who Wants to Be a Millionaire?** Quiz.
3.00 **Strike It Lucky**
4.00 **Blockbusters**
5.00 **Bullseye** Double bill.
6.00 **Classic Who Wants to Be a Millionaire?** Quiz.
7.00 **Pointless Celebrities** A star-studded version of the quiz show.
8.00 **The Chase** Double bill of the quiz show hosted by Bradley Walsh.
10.00 **Classic Who Wants to Be a Millionaire?** Big-money quiz show hosted by Chris Tarrant.
11.00 **Bullseye** Double bill.
12.00 M'T **Sign2Win**
1.00 AM **The Chase**
4.00 **Classic Who Wants to Be a Millionaire?**
5.00 **to 6.00** AM **Bullseye**

GREAT! action
323 426 42 305

6.00 AM **M*A*S*H** (S8)
6.30 **Wild West Chronicles**
7.30 FILM **NYC: Tornado Terror** (2008, PG) ★★
9.20 **Operation Valkyrie**
10.30 **Bombers of the Second World War**
11.30 **M*A*S*H** (S8)
12.00 NOON **Wild West...**
1.00 PM FILM **Cowboy** (1958, PG) ★★★
2.55 FILM **Kentucky Rifle** Western. (1956, U) ★★
4.50 FILM **Breaker Morant** (1979, PG) ★★★★
7.05 FILM **Disaster Zone: Volcano in New York** Thriller. (2006, 12) ★★
9.00 FILM **The Warrant** Drama. (2020, 12) ★★
10.50 FILM **The Shepherd: Border Patrol** Thriller. (2008, 15, 91min) ★★
12.45 AM FILM **Active Stealth** (1999, 18, 95min) ★
2.50 **to 4.00** AM FILM **The Traitors** (1962) ★★★
+1 hour 324

GREAT! movies
321 425 34 302

9.00 AM FILM **Seduced by Lies** Crime thriller. (2010, PG, 87min) ★
11.00 FILM **Flawless** Drama. (2020, PG, 90min) ★★
1.00 PM FILM **Deviant Love** Thriller. (2019, 12) ★
3.00 FILM **Stonados** Thriller. (2013, PG, 90min) ★
4.45 FILM **Daddy Day Camp** Family comedy sequel. (2007, PG, 88min) ★★
6.45 FILM **Ricki and the Flash** Comedy. (2015, 12, 99min) ★★★
9.00 FILM **Girl, Interrupted** Drama starring Winona Ryder. (1999, 15, 127min) ★★★
11.35 FILM **10 Rillington Place** Thriller. (1970, 15, 106min) ★★★★
2.00 AM FILM **The Many Faces of Alice** Thriller. (2016, PG, 95min) ★★
4.00 **to 6.00** AM FILM **The Landlord** Horror. (2015, 15, 86min) ★★
+1 hour 322 61

GREAT! romance
319 424 52 303

6.00 AM FILM **Eat, Drink and Be Married** Drama. (2019, U, 90min) ★★
8.00 FILM **The Story of Us** Comedy. (2019, PG) ★★
10.00 FILM **All Things Valentine** (2016) ★★
12.00 NOON FILM **For the Love of Chocolate** Comedy. (2021, PG) ★★
2.00 PM FILM **A Feeling of Home** (2019, PG) ★★
4.00 FILM **Wedding of Dreams** Drama. (2018, PG, 85min) ★★
6.00 FILM **The Wedding Arrangement** Drama. (2022, PG, 90min) ★★
8.00 FILM **I Do, I Do, I Do** Fantasy. (2015, PG) ★★
10.00 FILM **Be Mine** Drama. (2021, PG, 92min) ★★
12.05 AM FILM **Designed with Love** (2020, PG) ★★
1.35 FILM **The Secret Sauce** Comedy. (2021, PG) ★★
3.05 **to 4.00** AM **Highway to Heaven**
+1 hr 320 63 304

Legend
148 149 41 137

8.00 AM **Walker, Texas Ranger** 5/26. (S3)
9.00 **The Prisoner** (S1)
10.00 **Star Trek: Deep Space Nine** 13/26. (S2)
11.00 FILM **Mother Lode** Thriller. (1982, 15) ★★
1.00 PM FILM **Meteorites!** Thriller. (1998, PG) ★
3.00 FILM **The Bone Eater** Thriller. (2007, 12) ★★
5.00 **Star Trek** 21/30. (S1)
6.00 **Star Trek: Deep Space Nine** 14/26. (S2)
7.00 **Six Million Dollar Man**
8.00 **Walker, Texas Ranger**
9.00 FILM **Paradise Cove** Thriller, starring Kristin Bauer van Straten. (2021, 15, 103min) ★★
11.00 FILM **The Devil Rides Out** Horror. (1967, 15, 91min) ★★★
12.55 AM FILM **The Howling** Horror chiller. (1980, 18, 91min) ★★★★
2.45 **to 4.30** AM FILM **Saturn 3** Thriller sequel. (1980, 15, 87min) ★

DMAX
172 169 38 150

6.00 AM **Salvage Dawgs**
7.00 **Buying Alaska**
8.00 **Aussie Gold Hunters**
9.00 **Deadliest Catch**
10.00 **The Last Alaskans**
11.00 **Alaska: Last Frontier**
12.00 NOON **Alaska: Homestead Rescue**
1.00 PM **Outback Opal Hunters** Documentary.
2.00 **Gold Divers**
4.00 **Buying Alaska** New editions Double bill.
5.00 **Home Town**
6.00 **Aussie Gold Hunters**
7.00 **Alaska: Last Frontier**
8.00 **Deadliest Catch**
9.00 **Gold Divers**
10.00 **Deadliest Catch**
11.00 **Outback Opal Hunters**
12.00 M'T **Homestead Rescue: Raney Ranch**
1.00 AM **Life Below Zero**
2.00 **Teleshopping**
4.00 **Tanked** Documentary.
5.00 **to 6.00** AM **Maine Cabin Masters**
+1 hour 258 369

Food Network
140/141 190 43 148

6.00 AM **Southern Kitchen**
7.00 **The Pioneer Woman**
8.00 **Magnolia Table**
9.00 **The Kitchen** New edition
10.00 **Mary Berry's Quick Cooking**
11.00 **Tom Kerridge...**
12.00 NOON **Great British...**
2.00 PM **James Martin's...**
3.00 **The Hairy Bikers'...**
4.00 **Magnolia Table**
5.00 **The Pioneer Woman**
6.00 **James Martin's American Adventure**
7.00 **Great British Bake Off**
8.00 **Tom Kerridge Barbecues**
9.00 **Jamie Cooks Italy**
10.00 **The Hairy Bikers' Chicken and Egg**
11.00 **BBQ USA** New edition
12.00 M'T **Diners, Drive-Ins and Dives** Double bill.
1.00 AM **Restaurant: Impossible**
2.00 **to 3.00** AM **Follow Donal to Europe**
+1 hour 240/241 149

Comedy Central
112/113 132 345 360

8.00 AM **Most Ridiculous**
9.00 **The Middle** (S9)
11.00 **Home Improvement**
1.00 PM **Bob's Burgers**
2.00 **Friends** (S10&1)
7.00 **Friends** 5/24. Ross joins Rachel on her first trip to a launderette. **7.30** 6/24. Chandler dates a married woman. **8.00** 7/24. Chandler gets trapped in a bank. **8.30** 8/24. Chandler is disturbed to discover that his colleagues all assume he's gay. (S1)
9.00 **Lee Evans: XL Tour**
10.00 **Jimmy Carr: Being Funny** Stand-up show.
12.10 AM **Michael McIntyre: Live & Laughing**
1.10 **South Park** (S14)
2.35 **Beavis and Butt-Head**
3.10 **Key & Peele**
3.30 **Al Murray: The Pub Landlord – Live at the Palladium**
4.15 **to 5.00** AM **Friends**
+1 hour 212/213 332

Comedy Cen. Extra
127/128 154

6.00 AM **Criminally Funny**
7.00 **Teleshopping**
9.00 **Joel & Nish vs the World** From Tokyo.
10.00 **Takeshi's Castle**
11.00 **Friends** (S10)
1.00 PM **Impractical Jokers: Inside Jokes**
4.00 **The Middle** (S4)
7.00 **Home Improvement**
9.00 **Friends** 2/20. Monica and Chandler learn more about adoption. **9.30** 3/20. Ross tries a spray-on tan. (S10)
10.00 FILM **It's Complicated** Romantic comedy starring Meryl Streep, Steve Martin and Alec Baldwin. (2009, 15, 115min) ★★★★
12.20 AM **Reno 911!** (S1)
2.10 **Criminally Funny**
3.00 **The Funniest Adverts on the Planet**
3.45 **Fugget About It** (S1)
4.30 **The Ren & Stimpy Show**
5.15 **to 6.00** AM **Takeshi's Castle**

Blaze
164 174 64 162

6.00 AM **Hardcore Pawn**
6.50 **The UnXplained**
7.45 **Ancient Aliens**
9.40 **Strange Evidence**
10.40 **Curse of Oak Island**
11.40 **Digging for Britain**
12.40 PM **Storage Wars**
1.05 **Pawn Stars**
2.05 **Hardcore Pawn**
4.00 **Ancient Aliens**
6.00 **The UnXplained**
7.00 **Storage Wars**
8.00 **Dickinson's Real Deal**
9.00 **Top Secret UFO Projects Declassified**
10.00 **Unidentified: Inside America's UFO Investigation**
11.00 **The Proof Is Out There**
12.00 M'T **Curse of Oak Island** Documentary.
1.00 AM **The UnXplained**
2.00 **Barter Kings**
3.00 **Dickinson's Real Deal**
3.45 **Storage Wars**
4.10 **American Restoration**
5.00 **to 6.00** AM **Pawn Stars**
+1 hour 81

5SELECT
153 138 46 133

9.00 AM **GPs: Behind Closed Doors** Documentary.
10.00 **The Yorkshire Vet**
12.00 NOON **Ben Fogle: New Lives in the Wild**
1.00 PM **Walking Wartime Britain** Hampshire.
2.00 **The Yorkshire Vet**
4.00 **Ben Fogle: New Lives in the Wild**
5.00 **Walking Wartime Britain** East Anglia.
6.00 **Inside the Tower of London** Documentary.
7.00 **Tony Robinson's History of Britain**
8.00 **The Frontier** New edition
9.00 FILM **Joe Kidd** Western starring Clint Eastwood. (1973, 15, 88min) ★★★
10.55 **World's Deadliest Weather: Caught on Camera** A volcano.
11.55 **Forged in Fire**
1.50 AM **Inside the Tower of London** Documentary.
2.50 **to 3.00** AM **Entertainment News**

HGTV
158 191 44 166

7.00 AM **Alaska: Homestead Rescue** Documentary.
8.00 **Love Your Garden**
9.00 **A Place in the Sun**
10.00 **Escape to the Country**
11.00 **My Dream Derelict...**
12.00 NOON **My Lottery...**
1.00 PM **Good Bones**
2.00 **Flip or Flop**
3.00 **Love Your Garden**
4.00 **Escape to the Country**
5.00 **Alaska: Homestead Rescue** Documentary.
6.00 **A Place in the Sun**
7.00 **My Dream Derelict...**
8.00 **Escape to the Country**
9.00 **Married to Real Estate** New edition
10.00 NEW SERIES **Battle on the Beach**
11.30 **Good Bones**
12.30 AM **My Dream Derelict Home in the Sun**
1.30 **Alaska: Homestead...**
2.30 **Love Your Garden**
3.30 **to 4.00** AM **My Lottery Dream Home**
+1 hour 272 391 151

RealityXtra
147 172 68 134

9.00 AM **Medical Detectives**
11.00 **Murder By the Sea**
12.00 NOON **The Fugitive**
1.00 PM **48 Hours**
3.00 **Medical Detectives** Vital clues are gleaned from the body of a girl found nine months after she disappeared. **3.30** A woman falls from a cliff to her death. **4.00** A woman looks into the disappearance of her own mother. **4.30** The truth about a 10-year-old case of an elderly couple's murder.
5.00 **The Fugitive** *The Blessings of Liberty:* 13/30. Kimble learns that upholsterer Josef Korak is also on the run. (S4)
6.00 **Murder by the Sea**
7.00 **Judge Judy**
1.00 AM **Murder by the Sea**
2.00 **The Fugitive** (S4)
3.00 **48 Hours** Double bill.
4.45 **to 6.00** AM **Medical Detectives**

TLC
133/134 828 165

7.00 AM **My Lottery Dream Home** Double bill.
8.00 **Extreme Couponing**
9.00 **My Extreme Excess Skin**
10.00 **Dr Pimple Popper**
11.00 **My 600lb Life**
12.00 NOON **1000lb Sisters**
1.00 PM **Sister Wives**
3.00 **Outdaughtered: Busby Quints**
4.00 **I Didn't Know I Was Pregnant** Double bill.
5.00 **Dr Pimple Popper**
6.00 **My 600lb Life**
7.00 **Say Yes to the Dress**
8.00 **The Bad Skin Clinic**
9.00 **My Feet Are Killing Me**
11.00 **Dr Pimple Popper: Reload** Documentary.
12.00 M'T **Body Bizarre**
1.00 AM **Extreme Cheapskates**
2.00 **My Feet Are Killing Me**
3.00 **Dr Pimple Popper:...**
4.00 **The Bad Skin Clinic**
5.00 **to 6.00** AM **Extreme Cheapskates**
+1 hour 233/234 365

HorrorXtra
317 171 69 138

8.00 AM FILM **The Last Sharknado: It's About Time** Sci-fi adventure. (2018, 15, 90min) ★★
10.00 **Farscape** 14/22. (S1)
11.00 FILM **Dark Skies** Thriller. (2009, 12, 90min) ★★
1.00 PM FILM **Shark Season** Thriller. (2020, PG) ★★
3.00 **Farscape** 14/22. (S1)
4.00 **Battlestar Galactica**
5.00 FILM **Princess of Mars** Fantasy adventure. (2009, 12, 90min) ★★
7.00 **Farscape** 16/22. (S1)
8.00 **Battlestar Galactica**
9.00 FILM **Echoes of Fear** Horror starring Trista Robinson, Hannah Race and Paul Chirico. (2018, 15, 90min) ★★
10.50 FILM **Matriarch** Horror with Charlie Blackwood and Julie Hannan. (2018, 15, 91min) ★★
12.55 **to 3.00** AM FILM **Echoes of Fear** (2018)
+1 hour 318 371 139

Sky Replay
152 156

7.00 AM **Sixth Sense with Colin Fry** Double bill.
8.00 **Four Weddings**
10.00 **UK Border Force**
11.00 **Stop, Search, Seize**
12.00 NOON **The Real A&E**
1.00 PM **Inside RAF Brize Norton** Documentary.
2.00 **Warehouse 13** (S3)
4.00 **Most Haunted**
6.00 **Supergirl** (S4)
8.00 **UK Border Force** A man is deported to Nigeria.
9.00 **Alphas** *Rosetta:* 5/12. The team require the help of a woman who understands every known language. (S1)
10.00 **Stop, Search, Seize** Following the work of Ireland's border force.
11.00 **From** 5&6/10. (S2)
1.00 AM **The Good Doctor**
2.00 **A League of Their Own**
3.00 **Duck Quacks Don't Echo** Lee Mack hosts.
4.00 **Four Weddings**
5.00 **to 6.00** AM **Sixth Sense with Colin Fry**

E!
159 159 835 160

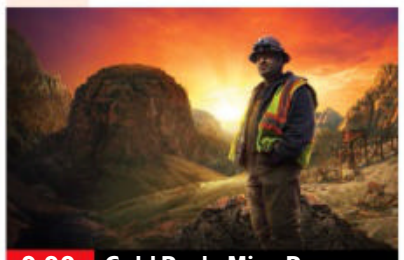
7.00 AM **Rich Kids of Beverly Hills**
8.00 **Keeping Up with the Kardashians**
10.00 **Jerseylicious**
11.00 **Big Rich Atlanta**
12.00 NOON **Botched**
1.00 PM **Kourtney & Kim Take Miami**
2.00 **Keeping Up with the Kardashians**
7.00 **Botched** A woman seeks help to remedy her facial features. **8.00** A gambler with a serious case of man boobs seeks help.
9.00 **Keeping Up with the Kardashians** Khloe goes into labour. **10.00** Khloe and Tristan return to LA.
11.00 **Big Rich Atlanta**
12.00 M'T **Dr 90210**
1.00 AM **Rich Kids of Beverly Hills**
2.00 **Teleshopping**
3.00 **to 5.00** AM **Celebrity Game Face**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 823 177 320 325

6.00 AM **Wheeler Dealers**
7.00 **Deadliest Catch**
8.00 **Building Off the Grid**
9.00 **Alaska: The Last Frontier**
10.00 **How It's Made** Double bill.
11.00 **Wheeler Dealers**
12.00 NOON **Diesel Brothers**
1.00 PM **Hoffman Family Gold**
3.00 **Alaska: Homestead Rescue** The Raneys fix a homestead that was destroyed by lava. **4.00** Fixing an earthquake-ravaged foundation.
5.00 **Wheeler Dealers**
6.00 **Diesel Brothers**


9.00 Gold Rush: Mine Rescue

7.00 **Street Outlaws** The gang prepare to attend a prestigious race at Bristol Motor Speedway in Tennessee.
8.00 **Alaska: The Last Frontier** A large bull moose stalks the homestead and Eivin must keep his family safe.
9.00 **Gold Rush: Mine Rescue with Freddy & Juan** New edition A boy, his father and grandfather battle wintry weather.
10.00 **Hoffman Family Gold** New edition Todd is desperate to find better paydirt and chases an old-time miner's drift.
11.00 **Naked and Afraid: Alone**
12.00 M'T **Expedition Bigfoot**
1.00 AM **Gold Rush: Mine Rescue with Freddy & Juan**
2.00 **Hoffman Family Gold**
3.00 **Deadliest Catch** New edition Jack and Harley have it out during a dangerous docking.
4.00 **to 5.00** AM **Wheeler Dealers**

+1 hour 225/226 377

Animal Planet

162 178

8.00 AM **Animal Cribs**
9.00 **Dodo Heroes**
10.00 **Bad Dog!**
11.00 **Alaska: Homestead Rescue**
12.00 NOON **Animal Cribs**
1.00 PM **Dodo Heroes**
2.00 **Wildest Islands of Indonesia**
3.00 **Wildest Europe**
4.00 **Dogs 101** The dogs that make the best family pets.
5.00 **Alaska: Homestead Rescue** Helping a Colorado family whose crops are failing.
6.00 **Animal Cribs** Renovating a family's dog-friendly garden.

11.00 Killer Whales

7.00 **Dodo Heroes** Following the work of Donna Stepan, who runs the Sleepy Burrow Wombat Sanctuary near Canberra.
8.00 **From Wags to Riches** Following animal trainer Bill Berloni as he hits the road with two of his 26-strong dog menagerie.
9.00 **Pit Bulls & Parolees: Tia's Tales** Tia's daughter Mariah recounts her experience of being born into the rescue life.
10.00 **Alaskan Bush People** Billy's dream of achieving a self-sustaining lifestyle is tested as the Browns begin a huge project.
11.00 **Killer Whales**
12.00 M'T **Pit Bulls & Parolees: Tia's Tales** Tia Torres looks back at Villalobos's most harrowing moments.
1.00 AM **Alaskan Bush People**
2.00 **Dogs 101** As 4.00pm.
3.00 **Alaska: Homestead Rescue**
4.00 **to 5.00** AM **Animal Cribs**

+1 hour 262 378

Nat Geographic

129/130 825 183

8.00 AM **Food Factory USA**
9.00 **Air Crash Investigation**
10.00 **Europe from Above**
11.00 **Supercars** The Ferrari FF.
12.00 NOON **Car S.O.S**
1.00 PM **Wicked Tuna: North v South** Documentary.
2.00 **Air Crash Investigation**
3.00 **Hitler's Last Stand**
4.00 **Megafactories**
5.00 **Car S.O.S** A Fiat X1/9.
6.00 **Seconds from Disaster** The devastation caused when an apparently dormant volcano erupted on Montserrat in 1995.

7.00 Air Crash Investigation

7.00 **Air Crash Investigation** An American charter flight becomes the worst aviation disaster in Portuguese history.
8.00 **World War II: Secrets From Above** In 1942, the Nazis develop the world's first cruise and ballistic missiles.
9.00 **World War II: The Apocalypse** Footage from the end of World War Two, including the final stages of fighting.
10.00 **Hitler's Death Squad** The soldiers that were charged with carrying out Hitler's plans for genocide.
11.00 **Air Crash Investigation**
12.00 M'T **Inside 9/11**
1.00 AM **To Catch a Smuggler**
2.00 **Made in a Day**
2.30 **Bid & Destroy**
2.55 **Lords of War**
3.20 **Food Factory** Double bill.
4.10 **Exotic Animal ER**
4.35 **to 5.00** AM **Secrets of the Zoo: Keeper Tales**

+1 hour 229/230 383

Sky History

123/124 821 131 353 368

6.00 AM **Forged in Fire**
7.00 **Salvage Kings**
8.00 **American Pickers**
9.00 **Pawn Stars** Double bill.
10.00 **Storage Wars Canada**
11.00 **Secrets of the Viking Stone**
12.00 NOON **River Hunters**
1.00 PM **Salvage Kings**
2.00 **Cities of the Underworld**
3.00 **Swamp People: Serpent Invasion** Double bill.
5.00 **Pawn Stars**
6.00 **American Pickers** The Wolfe brothers search a late photographer's stash.

8.00 What on Earth?

7.00 **Forged in Fire** The smiths are asked to forge blades from either a large suspension cable or a thin piano wire.
8.00 NEW SERIES **What on Earth?** Unexplained circles in the desert, and a possible clue to extra-terrestrial life in the Arctic.
9.00 **History's Greatest Mysteries** New edition How the pyramids of Egypt became celebrated architectural marvels.
10.00 **The UnXplained with William Shatner** New edition How bizarre beasts have been portrayed in folklore.
11.00 **Paranormal Survivor** A home built on the site of a tragedy haunted by its past.
12.00 M'T **Pawn Stars**
1.00 AM **What on Earth?**
2.00 **Cursed Treasures**
3.00 **Swamp People: Serpent Invasion** Double bill.
5.00 **to 6.00** AM **American Pickers**

+1 hour 223/224 331

Yesterday

155 155 846 129 27 159

6.10 AM **Restoration Workshop**
8.00 **Abandoned Engineering**
10.00 **War Factories**
11.00 **The World at War**
12.00 NOON **Great American Railroad Journeys**
1.00 PM **Antiques Roadshow**
2.00 **Bangers & Cash** Double bill.
4.00 **Nazi Hunters**
5.00 **War Factories** Hiram Maxim.
6.00 **Great British Railway Journeys** High Wycombe to Stratford-upon-Avon. **6.30** A visit to Shugborough Hall in Staffordshire.

9.00 Retro Electro Workshop

7.00 **Bangers & Cash** A rare 1980s Sierra Cosworth draws in a crowd of admiring Ford fans.

7 PM

8.00 **Secrets of the London Underground** New edition Tim Dunn and Siddy Holloway explore Leicester Square.

8 PM

9.00 **Retro Electro Workshop** New edition Shamil and Rob get their hands on a Commodore 64 and a ZX Spectrum.

9 PM

10.00 **Bangers & Cash** A collection of five iconic cars arrives at Thornton le Dale, including a 1967 Crayford Corsair.
11.00 **Abandoned Engineering** A devastated cliff-top ruin, an extraordinarily tall tower, and a heavy metal monster.
12.00 M'T **Great British Railway Journeys** Double bill.
1.00 AM **Restoration Workshop**
2.00 **to 3.00** AM **Forbidden History**

10 PM

+1 hour 255 329 74

Quest

144 144 834 137 12 172

6.00 AM **How Do They Do It?**
6.30 **Shed and Buried**
7.00 **The Repair Shop**
8.00 **American Pickers**
10.00 **Chasing Classic Cars**
11.00 **Supertruckers**
12.00 NOON **How It's Made**
1.00 PM **The Repair Shop**
2.00 **Money for Nothing**
3.00 **Find It, Fix It, Flog It**
4.00 **Salvage Hunters**
5.00 **Salvage Hunters: The Restorers** A wartime propeller.
6.00 **Wheeler Dealers**
7.00 **Outback Opal Hunters**
8.00 **Salvage Hunters** The hunt for objects in a Devizes dealership.
9.00 **The Yorkshire Auction House** Angus helps a family find a new home for a motorbike collection.
10.00 **Find It, Fix It, Flog It**
11.00 **How Do They Do It?**
12.00 M'T **British Speedway**
1.00 AM **Border Control: Europe**
2.00 **Supertruckers**
3.00 **Wheeler Dealers**
4.00 **to 5.00** AM **How It's Made**

+1 hour 244 337 70 168

Quest Red

149 168 40 169

6.00 AM **Say Yes to the Dress**
7.00 **Say Yes to the Dress: Lancashire** Reality series.
8.00 **Say Yes to the Dress**
10.00 **Disappeared**
11.00 **Forensic Detectives**
1.00 PM **FBI Files**
2.00 **Disappeared**
3.00 **Til Death Do Us Part**
5.00 **Say Yes to the Dress**
6.00 **Curvy Brides Boutique**
7.00 **Long Lost Family**
8.00 **The Murder Tapes** Exploring the death of aspiring musician Delvin 'Buckii' Meadows.
9.00 **Murder on CCTV** The disappearance of Ryan Lane.
10.00 **Reasonable Doubt** A jury convicted Evaristo Salas for an apparent gang-related hit that left one man dead.
11.00 **Murder Chose Me** Focusing on the death of a popular cheerleader in a hail of gunfire.
12.00 M'T **Forensic Detectives**
2.00 AM **Murder on CCTV**
3.00 **to 4.00** AM **FBI Files**

+1 hour 249 170

CBS Reality

146 148 67 135

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Medical Detectives** How the Centre for Disease Control linked cases of babies with bleeding lungs to a killer fungus. **7.30** The discovery of a woman's charred remains.
8.00 **48 Hours** Nikki Battiste investigates five deaths with a connection to one family.
9.00 **The Truth About My Murder** Dr Richard Shepherd investigates the murder of Peter Fasoli by Jason Marshall.
10.00 **Murder in Paradise** Detailing stories of dream getaways torn apart by murder.
11.00 **Ice Cold Killers** A beloved couple vanishes just before their annual Christmas party.
12.00 M'T **Fatal Vows**
1.00 AM **The Truth About My Murder** As shown at 9.00pm.
2.00 **Murder in Paradise**
3.00 **48 Hours** As 8.00pm.
3.45 **Medical Detectives**
4.10 **to 6.00** AM **Judge Judy**

+1 hour 246 348 136

Sky Crime

122/123 820 121 349 364

6.00 AM **Highway Patrol**
7.00 **Motorway Patrol**
8.00 **Motorbike Cops**
9.00 **Nothing to Declare**
10.00 **Caught Red Handed**
11.30 **Border Patrol**
12.00 NOON **Killer in My Village**
1.00 PM **How I Caught the Killer**
2.00 **Murders That Shocked the Nation** The case of Mary Bell.
3.00 **World's Most Evil Killers**
4.00 **Britain's Most Evil Killers**
5.00 **How I Caught the Killer**
6.00 **The Real Manhunter: The Murder of Bridget 'Bridie' Skehan** Documentary.
7.00 **World's Most Evil Killers**
8.00 **Britain's Most Evil Killers**
9.00 **Killing Mum and Dad**
10.00 **How I Caught the Killer**
11.00 **Killer in My Village**
12.00 M'T **World's Most Evil Killers**
1.00 AM **Murdered at First Sight**
2.00 **Mark of a Serial Killer**
3.00 **Brit Cops: Frontline Crime UK**
4.00 **Road Wars** Double bill.
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 222/223 321

PBS America

174 187 84 155

8.15 AM **Nazca Desert Mystery**
9.25 **Napoleon** As 7.15pm.
10.40 **The Stuarts** As 8.25pm.
11.50 **Europe's Forgotten Border**
1.00 PM **Beautiful Serengeti**
1.30 **Nazca Desert Mystery**
2.40 **Napoleon** As 7.15pm.
3.55 **The Stuarts** As 8.25pm.
5.00 **Europe's Forgotten Border**
6.05 **Nazca Desert Mystery**
7.15 **Napoleon** Andrew Roberts presents the political transformation of a political leader of the French to emperor and global statesman.
8.25 **The Stuarts** Examining the history of the Royal Family and charting the origins of the United Kingdom, beginning with James VI's attempts to unite Scotland and England.
9.35 **Europe's Forgotten Border** Events on the border between Czechoslovakia and the West during the Cold War.
10.45 **Napoleon** As 7.15pm.
12.00 M'T **The Stuarts** As 8.25pm.
1.05 **to 2.00** AM **Beautiful Serengeti**

SKY HD SD | VIRGIN HD | FREEVIEW HD | FREESAT HD | BT HD

TUESDAY

Tuesday

Sky Documentaries

121/122 819 188 352 367

6.00 AM **The Seventies**
7.00 **Discovering: Julia Roberts**
8.00 **The Directors**
9.00 **Janet Jackson**
10.00 **The Story of Late Night**
11.00 **The Good Fight Club**
12.00 NOON **Reopening Night**
1.45 PM **My Icon: Ebony Rainford-Brent**
2.00 **Terry Venables: A Man Can Dream** Documentary.
4.00 **The Directors**
5.00 **Discovering: Julia Roberts**
6.00 **Janet Jackson**
7.00 **The Story of Late Night**
8.00 **The Good Fight Club**
9.00 **Juan Carlos: Downfall of the King** Series finale Juan Carlos abdicates and flees into exile.
10.00 **Last Call: When a Serial Killer Stalked Queer New York**
11.05 **Hijacked: Flight 73**
1.00 AM **Liverpool Narcos**
2.00 NEW **Football Bomber: The Dortmund Bus Attack**
4.00 **The Directors**
5.00 **to 6.00** AM **Discovering: Julia Roberts**

Sky Nature

124/125 822 189 354 369

6.00 AM **Wildlife ER**
7.00 **Monkey Life**
8.00 **Wildlife Icons**
9.00 **Tales from Zambia**
10.00 **Great Blue Wild**
11.00 **Africa's Hunters**
12.00 NOON **Wild Survivors**
1.00 PM **Monkey Life**
2.00 **Wildlife Icons**
3.00 **Tales from Zambia**
4.00 **Great Blue Wild**
5.00 **Africa's Hunters**
6.00 **Wild Survivors**
7.00 **Monkey Life**
8.00 **Islands** The wildlife on Baffin.
9.00 **Gangs of Baboon Falls** The Zambia gang perfect their ambush techniques.
10.00 **Africa's Hunters** Following the life of an ageing leopard in the Luangwa Valley.
11.00 **Wild Survivors**
12.00 M'T **Brazil Untamed**
1.00 AM **Wild Fighters**
2.00 **Islands**
3.00 **Gangs of Baboon Falls**
4.00 **Wildlife Icons**
5.00 **to 6.00** AM **Tales from Zambia**

Sky History 2

163 163 840 186

6.00 AM **Ancient Aliens**
8.00 **Auction Kings**
9.00 **Alien Files: Unsealed**
10.00 **Treasures Decoded**
11.00 **Ancient Aliens**
1.00 PM **Secrets of Great British Castles** Lancaster Castle.
2.00 **Digging Up Britain's Past**
3.00 **Hunting Nazi Treasure**
5.00 **Salvage Kings**
6.00 **Strangest Things**
7.00 **Treasures Decoded** The search for Atlantis, a great civilisation purportedly swallowed by the sea.
8.00 **History of Weapons**
9.00 **Bermuda Triangle: Into Cursed Waters**
10.00 **Britain's Greatest Obsessions**
11.00 **Top Secret UFO Projects Declassified**
12.00 M'T **Ancient Aliens**
2.00 AM **Auction Kings**
3.00 **Ultimate Soldier Challenge**
4.00 **Secrets of Great British Castles** Lancaster Castle.
5.00 **to 6.00** AM **Digging Up Britain's Past**

Crime+Investigation

156 156 837 133

6.00 AM **The First 48**
8.00 **Homicide Hunter**
9.00 **Killer in Plain Sight**
10.00 **Meet, Marry, Murder**
11.00 **Cruise Ship Killers**
12.00 NOON **Buried in the Backyard**
1.00 PM **The Real Murders of Atlanta** Crime series.
2.00 **Exhumed: Killer Revealed**
3.00 **Snapped**
4.00 **Nightmare in Suburbia**
5.00 **Homicide Hunter**
6.00 **The First 48**
8.00 **Sunshine Slayings**
9.00 **The Real Murders of Orange County** New edition
10.00 **Killer Town** New edition
11.00 **Cruise Ship Killers**
12.00 M'T **Homicide Hunter**
1.00 AM **The Real Murders of Orange County**
2.00 **Killer Town**
3.00 **Exhumed: Killer Revealed**
4.00 **Sunshine Slayings**
5.00 **to 6.00** AM **The Real Murders of Atlanta**

+1 hour 256 333

WILD

165 165 841 182

8.00 AM **America's Funniest Home Videos: Animal Edition**
9.00 **Boss Croc**
10.00 **Wild Argentina**
11.00 **Africa's Deadliest**
12.00 NOON **Snakes in the City**
1.00 PM **Yukon Vet**
2.00 **Shark Alley**
3.00 **Sharkcano: Hawaii**
4.00 **Secrets of the Zoo**
5.00 **Monster Fish**
6.00 **Snakes in the City**
7.00 **Secrets of the Zoo: North Carolina**
8.00 **Yukon Vet** New edition Dr Oakley treats a limping bison.
9.00 **Cesar Millan: Better Human Better Dog** A terrier obsessed with the dog next door.
10.00 **Pop Goes the Vet with Dr Joya** Three dogs visit the clinic with some mysterious lumps.
11.00 **Snakes in the City**
12.00 M'T **When Sharks Attack**
1.00 AM **Caught in the Act**
2.00 **Shark Eat Shark**
3.00 **Secrets of the Zoo**
4.00 **to 5.00** AM **Yukon Vet**

Discovery History

177 181

6.00 AM **Combat Dealers**
7.00 **HMS Ark Royal**
8.00 **Greatest Events of World War II** The Battle of Midway.
9.00 **Combat Dealers**
10.00 **Salvage Hunters**
11.00 **Shed and Buried**
12.00 NOON **How It's Made**
1.00 PM **Combat Dealers**
2.00 **HMS Ark Royal**
3.00 **Blowing Up History**
4.00 **Mysteries at the Castle**
5.00 **Greatest Events of World War II** The Battle of Stalingrad.
6.00 **Secrets Underground**
7.00 **Expedition Unknown**
8.00 **Combat Dealers**
9.00 **Blowing Up History**
10.00 **Salvage Hunters**
11.00 **Shed and Buried**
12.00 M'T **How It's Made**
1.00 AM **Combat Dealers**
2.00 **Salvage Hunters**
3.00 **Combat Dealers**
4.00 **to 5.00** AM **Blowing Up History**

+1 hour 277 381

Eden

166 176

9.00 AM **Planet Earth**
11.00 **Frozen Planet**
3.00 PM **Planet Earth**
5.00 **Frozen Planet** David Attenborough travels to the Arctic and Antarctic to explore the wildernesses at Earth's poles, investigating the wildlife found there. **6.00** A polar bear hunts with her cubs, and the spring weather accelerates a process that will eventually see an area of ice the size of Australia disappear into the Arctic Ocean. **7.00** A look at how animals in the polar regions adapt to the summer weather. **8.00** Polar bears gather on the Arctic coast as they await the return of the ice, while in Antarctica, penguin chicks take to the sea for the first time.
9.00 **Planet Earth** Double bill.
11.00 **Frozen Planet**
3.00 AM **Planet Earth**
4.40 **Frozen Planet**
5.30 **to 6.00** AM **The Zoo**

+1 hour 266 376

ID

154 166

6.00 AM **American Monster**
7.00 **Teleshopping**
8.00 **Murder in the Heartland**
9.00 **Forensic Detectives**
10.00 **People Magazine Investigates**
11.00 **Evil Lives Here**
1.00 PM **American Monster**
3.00 **Murder in the Heartland**
4.00 **Disappeared**
5.00 **Swamp Murders**
6.00 **Forensic Detectives**
8.00 **Still a Mystery** The brutal murder of Dorian Bluford.
9.00 **Devil In Suburbia** A family are savagely murdered in their home in Kentucky. But when the sole survivor of the attack gives his statement to police, something doesn't quite add up.
10.00 **Evil Lives Here** Double bill.
12.00 M'T **Still a Mystery**
1.00 AM **Betrayed**
2.00 **The 1990s: The Deadliest Decade** Focusing on the death of teacher Jonathan Levin.
3.00 **Forensic Detectives**
5.00 **to 6.00** AM **Disappeared**

+1 hour 254 366

Discovery Turbo

161/184 180

6.00 AM **Chasing Classic Cars**
7.00 **Mega Shippers**
8.00 **Wheeler Dealers: Dream Car**
9.00 **Fantomworks**
10.00 **Salvage Hunters: Classic Cars**
11.00 **Race Night at Bowman Gray**
12.00 NOON **Fifth Gear**
1.00 PM **Supertruckers**
2.00 **Wheeler Dealers**
3.00 **Demolition Down Under**
4.00 **Wheeler Dealers**
5.00 **Junkyard Empire**
6.00 **Fantomworks**
7.00 **Wheeler Dealers** Mike finds a Volkswagen Golf Rabbit GTi. **8.00** Mike finally gets his hands on an Astra GTE.
9.00 **Race Night at Bowman Gray** Jason Myers rushes to repair his battered car.
10.00 **Demolition Down Under**
11.00 **Mega Shippers**
12.00 M'T **Wheeler Dealers**
1.00 AM **Iron Resurrection**
2.00 **Fast N' Loud**
3.00 **Wheeler Dealers**
4.00 **to 5.00** AM **RMD Garage**

+1 hour 261/284

Films

Sky Cinema Premiere

301 301 401 501 515

6.45 AM **Sky Cinema Preview**
7.10 **The Locksmith** As 5.05am.
9.00 **Assassin** As 4.25pm.
10.45 **The Best Man** As 6.10pm.
12.35 PM **House Party** Comedy. (2023, 15, 100min) ★★
2.30 **Maggie Moore(s)** As 8.00pm.
4.25 **Assassin** Thriller starring Bruce Willis and Dominic Purcell. (2023, 15, 88min)
6.10 **The Best Man** Thriller starring Luke Wilson and Dolph Lundgren. (2023, 15, 93min)

6.10 The Best Man

8.00 **Maggie Moore(s)** Comedy thriller starring Jon Hamm and Tina Fey. A police chief investigates the murders of two women with the same name and unravels a web of small-town lies. (2023, 15, 99min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.50 **Babylon** Comedy drama starring Brad Pitt and Margot Robbie. Several characters enjoy an era of unbridled decadence and depravity in early Hollywood. (2022, 18, 188min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

1.10 AM **The Silent Twins** Fact-based drama with Letitia Wright and Tamara Lawrance. (2022, 18, 83min) ★★★★
3.20 **The Harbinger** Horror. (2022, 15, 87min) ★★★★
5.05 **to 6.55** AM **The Locksmith** Mystery with Ryan Phillippe. (2022, 15, 88min) ★★★

+1 hour 312

Sky Cinema Hits

303 303 403 503 517

6.00 AM **The Wild Thornberrys Movie** (2002, U) ★★★★
7.30 **Cold Mountain** Romantic epic. (2003, 15, 152min) ★★★
10.10 **Dear Evan Hansen** (2021)
12.30 PM **xXx** Espionage thriller. (2002, 12, 124min) ★★
2.40 **Clerks** Cult comedy. (1994, b/w, 18, 92min) ★★★★
4.20 **The Stepford Wives** Comedy remake. (2004, 12, 93min) ★
6.00 **Conan the Barbarian** Action fantasy. (2010, 15, 112min) ★★

6.00 Conan the Barbarian

8.00 **xXx: The Next Level** Action sequel starring Ice Cube. A spymaster recruits an imprisoned soldier to prevent a military organisation overthrowing the US government. (2005, 12, 97min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.45 **Life** Sci-fi thriller with Jake Gyllenhaal. Scientists on the International Space Station fight for survival when an alien life form is brought on board. (2017, 15, 104min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.35 **Texas Chainsaw** Horror sequel starring Alexandra Daddario and Dan Yeager. (2013, 18, 90min) ★
1.20 AM **Dear Evan Hansen** Musical drama starring Ben Platt and Julianne Moore. (2021, 12, 137min) ★★★
3.45 **to 6.10** AM **A Journal for Jordan** Drama directed by Denzel Washington and starring Michael B Jordan. (2021, 12, 131min) ★★

Sky Cinema Drama

310 310 410 510 524

7.05 AM **Safe Haven** As 4.40am.
9.15 **A Good Person** Drama. (2022, 15, 129min) ★★★★
11.30 **Don't Worry Darling** Thriller. (2022, 15, 123min) ★★★
1.40 PM **The Remains of the Day** Drama. (1993, U) ★★★★★
4.00 **Flashdance** Dance drama. (1983, 15, 96min) ★★★
5.45 **The Light Between Oceans** Drama. (2016, 12, 133min) ★★★

8.00 **Big Fish** Director Tim Burton's fantasy drama about a man who charms everyone with his incredibly exaggerated stories about himself – except his son. Stars Ewan McGregor, Albert Finney and Billy Crudup. (2003, PG, 123min) ★★★
10.15 **Call Me By Your Name** Drama starring Timothee Chalamet and Armie Hammer. A 17-year-old begins a relationship with his father's research assistant. (2017, 15, 136min) ★★★★★

12.35 AM **Flashdance** As 4.00pm.
2.20 **Miss Sloane** Drama with Jessica Chastain and Mark Strong. (2016, 15, 132min) ★★★★
4.40 **to 6.50** AM **Safe Haven** Romantic thriller with Julianne Hough and Josh Duhamel. (2013, 12, 113min) ★★★

Sky Cinema Summer Scares

311 311 411 511 525

6.20 AM **Firestarter** Horror thriller. (2022, 15, 94min) ★★★
8.10 **Cloverfield** Offbeat disaster movie. (2007, 15, 81min) ★★★
9.50 **10 Cloverfield Lane** Thriller. (2016, 12, 103min) ★★★★
11.50 **Nope** Sci-fi mystery thriller. (2022, 15, 130min) ★★★★
2.05 PM **Insidious** Supernatural thriller starring Rose Byrne. (2010, 15, 103min) ★★★★

4.05 **Insidious: Chapter 2** Supernatural thriller sequel. (2013, 15, 103min) ★★★
6.05 **Insidious: Chapter 3** Horror prequel with Dermot Mulroney. (2015, 15, 97min) ★★★
8.00 **The Woman in Black** Supernatural chiller based on Susan Hill's popular ghost story, starring Daniel Radcliffe. (2012, 12, 91min) ★★★★
10.00 **Saw: The Final Chapter** Horror thriller sequel starring Tobin Bell. (2010, 18, 89min) ★★★

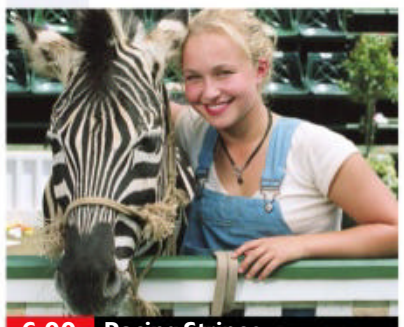
11.45 **Jigsaw** Horror thriller sequel. (2017, 18, 88min) ★★★
1.35 AM **Kiss the Girls** Thriller. (1997, 18, 115min) ★★★
3.35 **The Possession** Horror thriller. (2012, 15, 90min) ★★★
5.15 **to 6.00** AM **Sky Cinema Preview**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 306 406 506 520

6.15 AM **The Portable Door** Fantasy. (2023, PG) ★★★
8.20 **Sonic the Hedgehog 2** Comedy. (2022, PG) ★★★
10.25 **Scooby-Doo** Comedy. (2002, PG, 86min) ★★★
12.05 PM **Bratz** Teen comedy. (2007, PG, 98min) ★★
2.00 **Pups Alone** As 11.35pm.
4.00 **A Monster Calls** Fantasy. (2016, 12, 108min) ★★★★
6.00 **Racing Stripes** Comedy. (2004, U, 102min) ★★★


6.00 Racing Stripes

8.00 **Clifford the Big Red Dog** Adventure with Jack Whitehall. A young girl is given a small red puppy by a magical animal rescuer, but the dog soon grows to a huge size. (2021, PG, 96min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.40 **The Cinema List: Adventure**
10.00 **Hero Mode** Comedy starring Chris Carpenter and Mira Sorvino. (2021, PG, 88min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.35 **Pups Alone** Family comedy with the voice of Jennifer Love Hewitt. (2021, PG, 107min) ★
1.30 AM **Robo-Dog: Airborne** Family adventure sequel starring Patrick Muldoon. (2017, U, 88min) ★★
3.10 **Hero Mode** As 10.00pm.
4.50 **Sky Cinema Preview**
5.50 **to 7.35** AM **Robo-Dog** Family sci-fi adventure starring Michael Campion and Olivia d'Abo. (2015, PG, 87min) ★★

Sky Cinema Action

307 307 407 507 521

6.25 AM **Clean** As 3.40am.
8.05 **The 355** As 1.55pm.
10.10 **The Bourne Identity** Spy thriller starring Matt Damon. (2002, 12, 119min) ★★★★★
12.10 PM **Resident Evil: Apocalypse** As 2.00am.
1.55 **The 355** Action thriller. (2022, 12, 122min) ★★★
4.00 **RED** Action comedy thriller. (2010, 12, 111min) ★★★★
6.00 **Uncharted** Action adventure. (2022, 12, 116min) ★★★

10.20 Homefront

8.00 **The Matrix** Sci-fi action thriller starring Keanu Reeves. A computer hacker learns that he is destined to save humanity from enslavement by a network of artificially intelligent computers. With Laurence Fishburne, Carrie-Anne Moss and Hugo Weaving. (1999, 15, 136min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
10.20 **Homefront** Action thriller starring Jason Statham. A former federal agent falls foul of a local meth-dealer after moving to a quiet Louisiana town. (2013, 15, 98min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.05 AM **Four Brothers** Thriller. (2005, 15, 109min) ★★★
2.00 **Resident Evil: Apocalypse** Sci-fi horror thriller sequel. (2004, 15, 94min) ★★★
3.40 **Clean** Drama. (2021, 15) ★★
5.20 **to 6.20** AM **Sky Cinema Preview**

Sky Cinema Comedy

308 308 408 508 522

6.35 AM **Ride Along 2** Comedy sequel. (2016, 12, 102min) ★★
8.25 **Boxing Day** As 11.45pm.
10.25 **Wayne's World 2** Comedy. (1993, PG, 95min) ★★★
12.15 PM **The Boss** Comedy. (2015, 15, 89min) ★★★
2.00 **Meet the Fockers** Comedy. (2004, 12, 115min) ★★★
4.05 **13 Going on 30** Comedy. (2004, 12, 98min) ★★★
5.50 **The Fighting Temptations** Musical. (2003, PG) ★★★

8.00 Kinky Boots

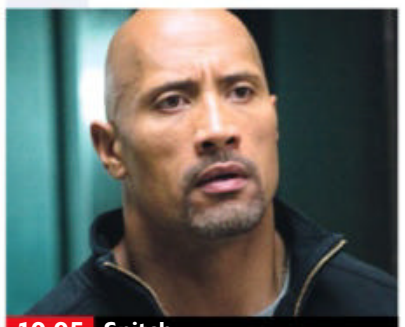
8.00 **Kinky Boots** Comedy with Joel Edgerton and Chiwetel Ejiofor. The owner of a shoe factory joins forces with a cabaret star to manufacture kinky boots for drag artists and transvestites. (2005, 12, 107min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
9.55 **Ticket to Paradise** Comedy romance starring George Clooney and Julia Roberts. A divorced couple travels to Bali to stop their daughter's pending wedding. (2022, 12, 104min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.45 **Boxing Day** Comedy starring Aml Ameen, Aja Naomi King and Leigh-Anne Pinnock. (2021, 12, 109min) ★★★
1.40 AM **13 Going on 30** (2004)
3.25 **Furry Vengeance** Comedy. (2010, PG, 88min) ★★
5.05 **to 6.40** AM **How to Deter a Robber** Crime comedy. (2021, 15, 85min) ★★★

Sky Cinema Thriller

309 309 409 509 523

6.00 AM **Hounded** Horror thriller. (2022, 15, 94min) ★★★
7.50 **The Good Neighbour** Thriller. (2022, 15, 97min) ★★★
9.50 **Haywire** (2012, 15) ★★★★
11.40 **Last Seen Alive** Thriller. (2022, 15, 95min) ★★★
1.30 PM **The Cinema List**
1.50 **The Dry** (2020, 15) ★★★★
4.00 **The Taking of Pelham 123** Thriller. (2009, 15) ★★★
6.00 **Side Effects** Thriller. (2013, 15, 106min) ★★★★


10.05 Snitch

8.00 **To Catch a Killer** Crime thriller starring Shailene Woodley. A Baltimore police officer is recruited by the FBI to help profile and track down a disturbed individual terrorising the city. With Ben Mendelsohn. (2023, 15, 119min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
10.05 **Snitch** Action thriller starring Dwayne Johnson. A father tries to infiltrate a violent drug cartel to keep his teenage son out of prison. With Barry Pepper, Jon Bernthal and Susan Sarandon. (2013, 12, 107min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.10 AM **Child 44** Thriller starring Tom Hardy and Gary Oldman. (2015, 15, 134min) ★★★
2.40 **Brooklyn's Finest** Crime thriller starring Richard Gere. (2009, 18, 127min) ★★★
5.00 **to 6.00** AM **Sky Cinema Preview**

Film4

313 313 855 428 14 300

■ **Films start at 11.00am**
11.00 AM **Megamind** Animation. (2010, PG, 95min) ★★★★
12.55 PM **Tooth Fairy** Comedy. (2010, PG, 101min) ★★
3.00 **The Admirable Crichton** Satire based on JM Barrie's play. (1957, U, 93min) ★★★
4.50 **Dad's Army** Comedy spin-off. (1971, U, 95min) ★★★★
6.45 **Keeping Up with the Joneses** Action comedy. (2016, 12, 105min) ★★★

11.25 Once Upon a Time in...

Keeping Up with the Joneses (film started at 6.45pm) **8 PM**
SEX ●●● VIOLENCE ●●● LANG ●●●
9.00 **Jumanji: The Next Level** Fantasy adventure sequel starring Dwayne Johnson, Karen Gillan and Kevin Hart. Players of the rebooted Jumanji return and attempt to rescue one of their own. (2019, 12, 123min) ★★★★ **9 PM**
SEX ●●● VIOLENCE ●●● LANG ●●●
11.25 **Once Upon a Time in... Hollywood** Drama from director Quentin Tarantino, starring Leonardo DiCaprio, Brad Pitt and Margot Robbie. (2019, 18, 161min) ★★★★★ **10 PM**
2.40 **to 4.00** AM **Somers Town** Shane Meadows' comedy drama with Thomas Turgoose and Piotr Jagiello. (2008, b/w, 12, 75min) ★★★★ **11 PM**

+1 hour 314 430 47 301

Sky Cinema 5 Star Movies

302 302 402 502 516

6.00 AM **Blue Bayou** Drama. (2021, 15, 117min) ★★★
8.00 **Jaws** As 10.10pm.
10.05 **Eternal Sunshine of the Spotless Mind** Offbeat comedy. (2004, 15, 108min) ★★★★★
11.55 **Dallas Buyers Club** Drama. (2013, 15, 114min) ★★★★
1.55 PM **Belfast** Kenneth Branagh's drama starring Jamie Dornan. (2021, 12, 98min) ★★★★
3.35 **Elvis** Biopic starring Austin Butler and Tom Hanks. (2022, 12, 159min) ★★★★
6.15 **Shaun of the Dead** Horror comedy starring Simon Pegg. (2004, 15, 99min) ★★★★
8.00 **Ghostbusters: Afterlife** Supernatural comedy reboot starring Paul Rudd and Carrie Coon. (2021, 12, 124min) ★★★★
10.10 **Jaws** Steven Spielberg's thriller starring Roy Scheider, Robert Shaw and Richard Dreyfuss. (1975, 12, 125min) ★★★★★
12.20 AM **Django Unchained** Quentin Tarantino's Western. (2012, 18, 165min) ★★★★
3.20 **Mass** Drama starring Jason Isaacs and Martha Plimpton. (2021, 12, 111min) ★★★★★
5.15 **to 6.00** AM **Sky Cinema Preview**

Sky Cinema Greats

304 304 404 504 518

6.00 AM **Grease 2** Musical sequel. (1982, PG, 109min) ★★
8.05 **Staying Alive** As 4.20am.
9.55 **Sunset Boulevard** As 2.20am.
12.00 NOON **Champion** Drama. (1949, b/w, PG, 99min) ★★★★
1.55 PM **The Duellists** Drama. (1977, PG, 101min) ★★★★
3.50 **The Great Gatsby** Romance based on F Scott Fitzgerald's novel. (1974, 12, 146min) ★★★
6.20 **Kramer vs Kramer** Oscar-winning drama starring Dustin Hoffman and Meryl Streep. (1979, PG, 104min) ★★★★★
8.10 **Guys and Dolls** Musical based on stories by Damon Runyon, starring Marlon Brando, Jean Simmons and Frank Sinatra. (1955, U, 150min) ★★★★
10.55 **The Last of the Mohicans** Epic romantic adventure starring Daniel Day-Lewis and Madeleine Stowe. (1992, 15, 122min) ★★★★
12.55 AM **Double Jeopardy** Thriller. (1955, PG, 70min) ★★★
2.20 **Sunset Boulevard** Classic Hollywood melodrama. (1950, b/w, PG, 110min) ★★★★★
4.20 **to 6.00** AM **Staying Alive** Dance sequel to *Saturday Night Fever*. (1983, PG, 96min) ★

Sky Cinema Animation

305 305 412 500 514

6.25 AM **Open Season 3** As 10.30pm.
7.45 **DC Super Hero Girls: Hero of...**
9.10 **Magic Arch** Animated fantasy. (2020, PG, 82min) ★
10.40 **The Bad Guys** Animation. (2022, PG, 100min) ★★★
12.35 PM **The Rugrats Movie** Animation. (1998, U) ★★★
2.10 **The Reef 2: High Tide** Animation. (2013, U) ★★
3.40 **The Cinema List: Adventure**
4.00 **Hotel Transylvania** Animated comedy. (2012, U, 91min) ★★★
5.40 **Hotel Transylvania 2** Animated sequel. (2015, U, 89min) ★★★
7.20 **Hotel Transylvania 3: Summer Vacation** Animated comedy sequel. (2018, U, 97min) ★★
9.05 **DC Super Hero Girls: Hero of the Year** (2016, PG) ★★★
10.30 **Open Season 3** Animated sequel. (2010, U, 74min) ★★
11.55 **DC Super Hero Girls: Intergalactic Games** Animated fantasy. (2017, PG, 77min) ★★★
1.20 AM **Open Season** Animation. (2006, PG, 86min) ★★★★
2.55 **Rock Dog 3: Battle The Beat** Animated adventure sequel. (2022, U, 90min) ★★
4.35 **to 6.10** AM **Mia and Me: The Hero of Centopia** Adventure. (2022, U, 85min) ★★★

Movies 24

325 419

7.00 AM **Heart of the Matter** Drama. (2015, U, 90min) ★★
9.00 **Fashionably in Love** Comedy. (2023, PG, 87min) ★★
11.00 **A Royal Runaway Romance** Comedy. (2022, PG, 84min) ★★
1.00 PM **Sweet Pecan Summer** Romantic drama with Christine Ko. (2021, PG, 84min) ★★
3.00 **Redemption in Cherry Springs** Mystery. (2021, PG, 84min) ★★
5.00 **Love Hacks** Romantic drama. (2022, PG, 90min) ★★
7.00 **The Song to My Heart** Romantic drama starring Lanie McAuley. (2022, PG, 85min) ★★
9.00 **Planning for Joy** Romantic comedy starring Chelsey Reist. A woman promoting her company's new product turns to a TV presenter for help in mastering public appearances. (2022, PG, 86min) ★★
11.00 **Love at Look Lodge** Romantic drama. (2020, PG, 90min) ★★
1.00 AM **A Snapshot of Forever** Romantic comedy drama. (2022, PG, 90min) ★★
3.00 **to 5.00** AM **For the Love of Chocolate** Romantic comedy. (2021, PG, 85min) ★★

+1 hour 326 420

Talking Pictures

328 445 82 306

6.00 AM **The Common Touch** Drama. (1941, b/w, PG, 104min) ★★★
8.05 **Sherlock Holmes** (S1)
8.40 **The Scarlet Web** Mystery. (1954, b/w, PG, 63min) ★
9.55 **Calling Paul Temple** Mystery. (1948, b/w, U, 92min) ★★
11.45 **Who Killed The Cat** Mystery. (1966, b/w, U, 86min) ★★
1.30 PM **The Stranger** Thriller. (1946, PG, 95min) ★★★★
3.25 **The Purple Plain** War drama. (1954, PG, 100min) ★★★
5.25 **Fireball XL-5** (S1)
6.00 **Colonel March of Scotland Yard**
6.30 **Scotland Yard** (S1)
7.05 **The Four Just Men** (S1)
7.40 **Dick Barton: Special Agent**
7.55 **Look at Life**
8.05 **The Human Jungle** 4/13. (S2)
9.05 **Maigret** 4/4. (S2)
10.55 **Cellar Club with Caroline Munro**
11.00 **Silent Rage** Sci-fi chiller. (1982, 18, 91min) ★★
1.05 AM **Cellar Club with Caroline...**
1.10 **These are the Damned** Thriller. (1962, b/w, 12, 84min) ★★
2.55 **Cellar Club with Caroline Munro**
3.00 **The Intruder** Racism drama. (1961, b/w, 15, 79min) ★★★
4.40 **Cellar Club with Caroline Munro**
4.45 **Look at Life**
5.00 **to 6.00** AM **Stagecoach West**

TUESDAY Sport

Sky Sports Main Event

401 401 859 | 511 501 | 420 440

6.00 AM **Sky Sports News**
7.00 **Good Morning Sports Fans**
7.30 **World Cup Breakfast**
8.00 **Good Morning Sports Fans**
8.30 **World Cup Breakfast**
9.00 **Good Morning Transfers**
10.00 **Sky Sports News**
12.00 NOON **Transfer Talk**
1.00 PM **Sky Sports News**
2.30 LIVE **The Hundred London Spirit Women v Southern Brave Women.** Coverage of the match from Lord's in London.
6.00 LIVE **The Hundred London Spirit Men v Southern Brave Men.** Coverage from Lord's.
7.00 LIVE **EFL Cup Wrexham v Wigan Athletic.** Coverage of the first-round match, which takes place at the Racecourse Ground, as the home side play their first League Cup match since their return to the Football League. The two clubs have faced each other 24 times, with the hosts winning only five times. They have, however, won the last three meetings. Kick-off is at **8.00pm**.
10.30 **Back Pages Tonight**
11.00 PM **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 402 860 | 512 502 | 421 441

6.00 AM **PL Greatest Games**
7.00 **Premier League Legends**
7.30 **World Cup Breakfast**
8.00 **Premier League Best Goals**
8.30 **World Cup Breakfast**
9.00 **Good Morning Transfers**
10.00 **PL Retro** Leicester City v West Ham United from 2016.
12.00 NOON **Transfer Talk**
1.00 PM **Premier League Years** Memorable moments from the 2008/09 campaign.
3.00 **PL Greatest Games**
4.00 **Premier League Best Goals** A selection of great strikes from the 2014/15 season.
5.00 **The Transfer Show**
5.30 **Premier League 100 Club** A look back at Premier League goals scored by Steven Gerrard.
6.00 **Premier League Best Goals**
7.00 **The Transfer Show**
8.00 **Premier League Years**
10.00 **Premier League Icons**
10.30 **PL Retro** Leicester City v West Ham United from 2016.
12.30 AM **Premier League Icons**
1.00 **Premier League Years**
3.00 **PL Greatest Games**
4.00 **Premier League Best Goals**
5.30 **to 6.00** AM **Premier League 100 Club**

Sky Sports Football

403 403 861 | 513 503 | 422 442

6.00 AM **EFL** West Ham v Blackpool.
7.00 **EFL Rivalries**
8.30 **EFL** The 2017/18 season.
9.00 **SPFL Highlights**
9.30 **EFL Greatest Games**
10.00 **EFL Cup Retro**
12.00 NOON **EFL Goals: L1 & 2**
12.30 PM **Scottish Premiership**
12.45 **SPFL Highlights**
1.15 **EFL Highlights**
3.30 **EFL Goals: Leagues 1 & 2**
4.00 **Scottish Premiership**
4.15 **SPFL Highlights**
4.45 **EFL Highlights**
5.00 **Scottish Premiership**
5.15 **SPFL Highlights**
5.30 **The Rise of Jude Bellingham**
6.00 **EFL Cup Highlights**
7.00 LIVE **EFL Cup Wrexham v Wigan Athletic.** The first-round match from the Racecourse Ground. Kick-off is at **8.00pm**.
10.30 **EFL Goals: Leagues 1 & 2**
11.00 **SPFL Highlights**
11.30 **EFL Highlights**
12.00 M'T **EFL Cup Highlights**
12.30 AM **EFL Greatest Games**
1.00 **EFL Cup Retro**
2.00 **EFL** The 2016/17 play-offs.
5.00 **to 6.00** AM **Championship Season Review**

Sky Sports Cricket

404 404 862 | 514 504 | 423 443

6.00 AM **The Hundred** Another chance to see the match between Manchester Originals Women and Birmingham Phoenix Women. **9.30** Another chance to see Manchester Originals Men v Birmingham Phoenix Men.
1.00 PM **The Hundred Bitesize** Six editions of brief highlights.
2.30 LIVE **The Hundred London Spirit Women v Southern Brave Women.** Coverage of the match from Lord's in London.
6.00 LIVE **The Hundred London Spirit Men v Southern Brave Men.** Coverage of the match, staged at Lord's in London.
9.30 **The Hundred Bitesize** Brief highlights of London Spirit Men v Southern Brave Men. **9.45** Brief highlights of London Spirit Women v Southern Brave Women from Lord's in London.
10.00 **The Hundred** Another chance to see London Spirit Women v Southern Brave Women. **1.30** AM Another chance to see London Spirit Men v Southern Brave Men.
5.00 **to 6.00** AM **The Hundred Bitesize**

Sky Sports Golf

405 405 863 | 515 505 | 424 444

6.00 AM **Golf Academy**
6.30 **The Open Zone**
7.00 **Playing Lessons**
8.00 **Nick Dougherty's Tee Time Tips**
8.30 **The Open Zone**
9.00 **PGA Tour Golf**
10.00 **Best of the Open Zone 2018**
11.00 **Golf Academy**
11.30 **The Open Zone**
12.00 NOON **Playing Lessons**
1.00 PM **Nick Dougherty's Tee Time Tips** Expert golfing advice.
1.30 **The Open Zone**
2.00 **Best of the Open Zone 2018**
3.00 **PGA Tour Golf**
4.00 **The Open Zone**
4.30 **Playing Lessons**
5.00 **Women in Golf**
6.00 **Ladies European Tour Golf**
7.00 **PGA Tour Golf** A review of the Wyndham Championship.
8.00 **The Greatest Solheim Cup**
10.00 **Hall or Nothing**
11.00 **Women in Golf**
12.00 M'T **Ladies European Tour Golf**
1.00 AM **PGA Tour Golf**
2.00 **Hall or Nothing**
3.00 **Golf Academy**
3.30 **The Open Zone**
4.00 **Playing Lessons**
5.00 **Nick Dougherty's Tee Time Tips**
5.30 **to 6.00** AM **The Open Zone**

TNT Sports 1

410 410 870 | 527 | 408 430

6.00 AM **Badminton** Australia Open.
8.00 **Fishing: On the Bank**
9.00 **V8 Supercars Highlights**
11.00 **MotoGP** British Grand Prix action.
12.30 PM **MotoGP Chequered Flag**
1.30 **Cricket Classics: West Indies v England:** Action from 1998.
2.00 **T20 Cricket Highlights**
3.00 LIVE **T20 Cricket West Indies v India.** Coverage of the third T20 in the five-match series, which takes place at Guyana National Stadium, Providence.
7.15 **Badminton Weekly**
7.30 **UEFA Champions League: Stories of the Finals**
8.00 LIVE **UEFA Champions League** Coverage of a qualifying encounter. Kick-off is at **8.00pm**.
10.00 **Premier League Preview**
11.00 **UFC: The Ultimate Fighter**
12.00 M'T **WWE NXT Highlights**
1.00 AM LIVE **WWE NXT** Wrestling coverage, as the next generation of stars showcase their talents.
3.15 **Ariel Helwani Meets**
4.15 **UEFA Documentaries**
5.15 **UEFA Champions League: Stories of the Finals**
5.45 **to 6.00** AM **What I Wore: Henrik Larsson**

TNT Sports 2

411 411 871 | 528 | 409 431

6.00 AM **AFL** Hawthorn Hawks v Collingwood Magpies.
8.00 **AFL** Action from Geelong Cats v Port Adelaide Power.
10.00 **What I Wore: Jamie Vardy**
10.15 LIVE **Sri Lanka Premier League Colombo Stars v Dambulla Aura.** Coverage of the Twenty20 encounter.
2.15 PM **World Rallycross Championship Highlights**
3.15 LIVE **Sri Lanka Premier League B-Love Kandy v Jaffna Kings.** Coverage of the Twenty20 encounter.
7.15 **PTO Triathlon**
7.45 **MotoGP Rewind**
8.00 LIVE **UEFA Champions League** Coverage of a qualifying match. Kick-off is at **8.00pm**.
10.00 **UEFA Champions League Greatest Nights** Manchester United's greatest matches.
11.00 **MotoGP Rewind**
11.15 **Badminton Weekly**
11.30 **MLB Plays of the Week**
12.00 M'T LIVE **MLB** Coverage of a Major League Baseball match.
3.30 AM **UFC Fight Flashback**
4.30 **What Went Down**
5.30 **to 6.00** AM **Currie Club**

TNT Sports 3

417 417 874 | 529 | 410 432

6.00 AM **Premier League Review** A look back at the best of the recent top-flight action.
12.00 NOON **Ligue 1** Monaco v Lyon.
1.00 PM **WRC Review** A look at the latest action from Rally Finland.
2.00 **Premier League Review** A look back at the best of the recent action from the top-flight.
7.00 **Premier League Stories** A look at Sheffield United during their pre-season preparations.
7.30 **Vanarama National League Highlights** Action from the opening weekend of the 2023/24 season.
8.00 **WRC Review** A look back at the latest action from Rally Finland.
9.00 **WWE Monday Night Raw** Recent wrestling action.
11.30 **Ariel Helwani Meets** An interview with WWE SmackDown women's champion, Liv Morgan.
12.00 M'T **UEFA Champions League** Action from qualifying matches.
3.00 AM **Joe Cole Cast** Joe Cole and Peter Crouch open up about the lows of professional sport.
3.30 **Classic Premier League** Newcastle United v Manchester United from the 2001/02 season.
4.00 **to 6.00** AM **AFL**

Sky Sports Action

407 407 865 | 517 507 | 426 446

6.00 AM **Pressure: Zayas & Carrington** Fight preparation.
6.30 **Richard Torrez Jr: The Gentleman Boxxer**
7.00 **Navarrete v Valdez: Made in Mexico**
7.30 **Fight Night International**
10.30 **Navarrete v Valdez: Made in Mexico** Fight preparation.
11.00 **Richard Torrez Jr: The Gentleman Boxxer**
11.30 **NFL Bitesize Highlights**
12.00 NOON **Good Morning Football**
3.00 PM **International Rugby Union**
5.10 **Kittle the Star in San Francisco**
5.30 **NFL Bitesize Highlights**
6.00 **NBC's Pro-Football Talk**
8.00 **Richard Torrez Jr: The Gentleman Boxxer**
8.30 **Navarrete v Valdez: Made in Mexico** Emanuel Navarrete and Oscar Valdez prepare for a bout.
9.00 **Fight Night International**
10.00 **Navarrete v Valdez: Made in Mexico** Fight preparation.
10.30 **Richard Torrez Jr: The Gentleman Boxxer**
11.00 **Total Access** NFL news.
1.00 AM **NBC's Pro-Football Talk**
3.00 **International Rugby Union**
5.10 **Super League Gold**
5.15 **to 6.00** AM **Legends of Darts**

Sky Sports Mix

416 416 873 | 510 | 429 449

6.00 AM **PL Greatest Games**
6.30 **Richard Torrez Jr: The Gentleman Boxxer**
7.00 **Navarrete v Valdez: Made in Mexico** Fight preparation.
7.30 **The Hundred Bitesize**
8.00 **Equestrian** The Gold Cup.
9.00 **PGA Tour Golf**
10.00 **Super League Highlights**
10.15 **Netball World Cup**
12.30 PM **WNBA** A replay of New York Liberty v Las Vegas Aces.
2.30 LIVE **The Hundred London Spirit Women v Southern Brave Women.** Coverage of the match from Lord's in London.
6.00 LIVE **The Hundred London Spirit Men v Southern Brave Men.** Coverage of the match, staged at Lord's in London.
9.30 **The Hundred Bitesize**
10.00 **Ladies European Tour Golf** Highlights of day four of the Trust Golf Women's Scottish Open.
11.00 **Indycar** Highlights of the Big Machine Music City Grand Prix.
12.00 M'T **WNBA** A replay of New York Liberty v Las Vegas Aces.
2.00 AM **The Hundred**
5.30 **to 6.00** AM **Super League Highlights**

TNT Sports 4

421 421 876 | 530 | 411 434

6.00 AM **Gallagher Premiership Rugby Highlights** Recent action.
7.30 **WRC Review** A look back at the latest action from Rally Finland.
8.30 **Joe Cole Cast** Robin Van Persie.
9.00 **MLB** A chance to see San Diego Padres v Los Angeles Dodgers. **11.30** Another chance to see a Major League Baseball match.
2.00 PM **Vanarama National League** Rochdale v Ebbsfleet United.
3.30 **Vanarama National League Highlights** Recent action.
4.00 **Badminton** Action from the Australia Open Finals, part of the HSBC BWF World Tour.
6.00 **MLB** A chance to see San Diego Padres v Los Angeles Dodgers. **8.30** Another chance to see a Major League Baseball match.
11.00 **MotoGP** Action from the British Grand Prix at Silverstone.
12.00 M'T **MotoGP Chequered Flag**
1.00 AM **World Poker Tour Series**
5.00 **to 6.00** AM **Classic Ligue 1**

Eurosport 1

413 413 868 | 521 | 412 435

6.00 AM **Cycling: Track World Championships** From Glasgow.
7.00 **The Power of Sport**
7.30 **Summer World University Games** From Chengdu, China.
11.00 **Cycling: Track World Championships** From Glasgow.
12.00 NOON **Cycling: Road World Championships**
12.55 PM LIVE **Cycling: Road World Championships** From Glasgow.
4.30 **Olympics: One Year to Dream**
5.00 **Olympic Games: Olympians**
5.10 LIVE **Cycling: Track World Championships** From Glasgow.
9.30 **Triathlon: PTO Tour**
10.30 **EWC All Access**
11.00 **Cycling: Road World Championships** From Glasgow.
12.00 M'T **Cycling: Track World Championships**
1.00 AM **Hall of Fame: Sydney 2000**
2.00 **Cycling: Track World C'ships**
3.00 **Cycling: Road World C'ships**
4.00 **to 6.00** AM **British Superbikes**

Eurosport 2

414 414 869 | 522 | 413 436

6.00 AM **Climbing World C'ships**
7.00 **Hall of Fame: Sydney 2000**
8.00 **Porsche Supercup**
9.00 **Motorsport: Extreme E**
10.00 **Olympic Games: La Vie Sportive**
11.00 **Climbing World Championships**
11.55 **Golden Trail World Series**
12.25 PM LIVE **Cycling: Track World Championships** Day six at the Sir Chris Hoy Velodrome.
3.30 **BMX World Championship**
5.30 **Playing Fields**
6.00 **British Speedway**
7.00 **Motocross World Championship**
8.30 **Olympic Games**
9.00 **Climbing World Championships**
10.00 **British Speedway**
11.00 **Speedway Grand Prix**
12.00 M'T **Climbing World C'ships**
1.00 AM **Cycling: Track World Championships**
2.00 **Formula E** Recent action.
4.00 **Cycling: Track World C'ships**
5.00 **to 6.00** AM **Cycling: Road World Championships**

Sky Sports Arena

408 408 866 | 518 508 | 427 447

6.00 AM **Top Rank Boxing Archive**
8.00 **Netball World Cup**
10.00 **Women's Super League**
10.15 **Super League Highlights**
11.30 **World Matchplay Darts**
1.30 PM **Netball World Cup**
3.30 **WNBA** A chance to see New York Liberty v Las Vegas Aces.
5.30 **Super League Highlights**
6.00 **Richard Torrez Jr: The Gentleman Boxxer**
6.30 **Navarrete v Valdez: Made in Mexico** Fight preparation.
7.00 **Fight Night International**
8.00 **NBA Champions 2022 Warriors** Basketball action.
9.00 **Super League Highlights**
9.30 **Daniel Anderson: Face to Face**
10.00 **Super League's Supermen**
11.00 **Fight Night International**
12.00 M'T **WNBA** Recent action.
2.00 AM **Women's Super League**
2.15 **Super League Highlights**
3.00 **Fight Night International**
4.00 **to 6.00** AM **Netball World Cup**

Sky Sports F1

406 406 864 | 516 506 | 425 445

6.00 AM **The Home of F1**
11.00 **F1 Academy Highlights**
11.30 **Bullseye's With Bottas**
11.40 **The Safety Car's Role In F1**
11.45 **Formula 1** The Saudi Arabian Grand Prix qualifying session. **1.30** PM Build-up to the Saudi Arabian Grand Prix. **2.55** Another chance to see the Saudi Arabian Grand Prix. **5.00** Reaction and analysis.
6.00 **Indy NXT** The Indy NXT by Firestone Grand Prix at Nashville.
7.15 **Stroll on the Slopes**
7.20 **George and the Typhoon**
7.30 **F1 Academy Highlights**
8.00 **Formula 1** Highlights of the Saudi Arabian Grand Prix.
9.00 **Indycar** The Big Machine Music City Grand Prix from Nashville.
10.00 **Toleman Story**
10.40 **Haas Behind the Scenes**
11.00 **Indycar** The Big Machine Music City Grand Prix from Nashville.
12.00 M'T **Formula 1**
1.00 **to 6.00** AM **The Home of F1**

Wednesday

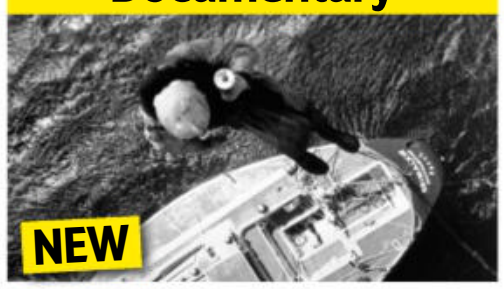
9 August

Evening Planner

Crime Drama

Annika
Alibi, 9pm
Nicola Walker's DI Strandhed returns for a second series, which begins with the MHU investigating a drowning incident.

Documentary



Killer Storm: The Fastnet Disaster
C5, 9pm
The freak weather that struck a sailing race in 1979, with the loss of 21 people.

Entertainment

Rob & Romesh Vs...
Sky Max & Sky Showcase, 9pm
Messrs Beckett and Ranganathan are invited to join the London Philharmonic Orchestra at the Royal Festival Hall.

OnDemand

High School Musical: The Musical – The Series
From today
The Wildcats return to East High, where big news awaits...

SKY EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES								
101 BBC1	7.00 Rip Off Britain...	7.30 EastEnders	8.00 Repair Shop	8.30 The Travelling...	9.00 Celebrity MasterChef		10.00 News; Local News	
102 BBC2	◂ 6.00 The Hundred – Live: Oval Invincibles v Manchester Originals (Start-time 6.30)					9.30 QI	10.00 Mock the Week	10.30 Newsnight
103 ITV1	◂ 6.30 News	7.30 Emmerdale	8.00 Coronation Street		9.00 Kate Garraway's Life Stories		10.00 News; Local News	
104 CHANNEL 4	7.00 News		8.00 George Clarke's Old House, New Home		9.00 Britain's Most Expensive Houses		10.00 The Girl from Plainville	
105 CHANNEL 5	7.00 My Cornwall with Fern Britton		8.00 Dorset: Country and Coast		9.00 Killer Storm: The Fastnet Disaster			10.30 Inside the...
106 SKY SHOWCASE	7.00 The Simpsons		8.00 An Idiot Abroad		9.00 Rob & Romesh vs Classical Music		10.00 Ricky Gervais: Politics	
ENTERTAINMENT								
115 BBC3	7.00 Cycling: World Championships – Live: Coverage of day seven				9.00 Film: Ready Player One			
116 BBC4	7.00 Great American Railroad Journeys		8.00 Patagonia: Earth's Secret Paradise		9.00 Forest, Field & Sky: Art Out of Nature		10.00 This Cultural...	10.30 Wife of Bath...
118 ITV2	◂ 6.35 Film: Harry Potter and the Deathly Hallows: Part II				9.00 Family Guy		10.00 Shopping with...	10.30 Family Guy
136 MORE4	◂ 6.55 The Dog House Australia		7.55 Grand Designs		9.00 Falklands' Most Daring Raid		10.00 24 Hours in A&E	
135 E4	7.00 Hollyoaks	7.30 Young Sheldon	8.00 Taskmaster Bleeped		9.00 Gogglebox		10.00 Naked Attraction: All Out & Proud	
107 SKY WITNESS	7.00 Nothing to Declare		8.00 Blue Bloods		9.00 Departure		10.00 9-1-1	
108 SKY ATLANTIC	◂ 6.50 The Sopranos		7.55 Game of Thrones		9.00 The Staircase			10.15 The Time Traveler's Wife
110 GOLD	◂ 6.40 Dad's Army		8.00 dinnerladies	8.40 Miranda		9.20 Not Going Out	10.00 Inside No. 9	
111 DAVE	7.00 Richard Osman's House of Games			8.20 QI XL		9.20 Would I Lie to You?	10.00 Schitt's Creek	
119 ITV3	7.00 Heartbeat		8.00 Vera				10.00 Law & Order: UK	
120 ITV4	7.00 Karen Carney's...	7.30 River Monsters	8.00 Film: Casino Royale					
112 COMEDY CENTRAL	7.00 Friends				9.00 Michael McIntyre: Hello Wembley!		10.00 Al Murray: The Pub Landlord	
139 SKY SCI-FI	7.00 Star Trek: The Next Generation		8.00 Star Trek: Voyager		9.00 Film: Train to Busan			
113 SKY MAX	7.00 Stargate Atlantis		8.00 An Idiot Abroad		9.00 Rob & Romesh vs Classical Music		10.00 COBRA	
109 ALIBI	7.00 Person of Interest		8.00 Death in Paradise		9.00 Annika		10.05 Death in Paradise	
130 SKY ARTS	7.00 The Joy of Painting		8.00 Celebrity Portrait Artist of the Year		9.00 Discovering: Richard Harris		10.00 Spielberg and...	10.30 Music Icons
132 W	7.00 MasterChef Australia		8.00 The Secret Life of 4, 5, 6 Year Olds...		9.00 24 Hours in A&E		10.00 999 Rescue Squad	
DOCUMENTARY								
125 DISCOVERY	7.00 Street Outlaws		8.00 Alaska: The Last Frontier		9.00 Deadliest Catch		10.00 Tracked	
162 ANIMAL PLANET	7.00 Dodo Heroes		8.00 Deadliest Sharks		9.00 How Sharks Hunt		10.00 Alaskan Bush People	
129 NAT GEO	7.00 Air Crash Investigation		8.00 Lost Treasures of Rome		9.00 Europe from Above		10.00 World's Greatest Train Journeys...	
123 SKY HISTORY	7.00 Forged in Fire		8.00 Swamp People		9.00 Cursed Treasures		10.00 Empire Builders	
155 YESTERDAY	7.00 Bangers & Cash		8.00 Great American Railroad Journeys		9.00 Cornwall with Simon Reeve		10.00 Bangers & Cash	
121 SKY DOCS	7.00 The Story of Late Night		8.00 The Good Fight Club		9.00 Superpowered: The DC Story		10.00 Football Bomber: Dortmund Bus...	
FILMS - Sky Cinema								
301 PREMIERE	◂ 6.05 House Party		8.00 Maggie Moore(s)				10.00 The Silent Twins	
303 HITS	◂ 6.20 Peter Rabbit		8.00 The Lost City				10.00 Bullet Train	
304 GREATS	◂ 6.00 Funny Face		8.00 Jerry Maguire					10.20 Birdy
305 ANIMATION	◂ 5.50 Shrek	7.25 Storks			9.00 Son of Bigfoot			
306 FAMILY	◂ 5.45 Borrowers	7.25 Divergent				9.50 The Tiger Rising		
307 ACTION	◂ 5.40 The Matrix		8.00 The Matrix Reloaded					10.20 Four Brothers
308 COMEDY	◂ 6.20 Daddy Day Care		8.00 Hitch				10.05 Beverly Hills Cop	
309 THRILLER	◂ 6.00 Snitch		8.00 Panic Room				10.00 Fatal Attraction	
310 DRAMA	◂ 5.55 Captain Fantastic		8.00 Straight Outta Compton					10.30 Elvis
311 SUMMER SCARES	◂ 6.20 The Cabin in the Woods		8.00 The Purge				10.00 Jigsaw	
302 5 STAR MOVIES	◂ 5.55 Ghostbusters: Afterlife		8.00 Forrest Gump					10.25 Back to the Future
313 FILM4		7.10 The Golden Child			9.00 Predator			
SPORT								
401 MAIN EVENT	7.00 EFL Cup – Live: Burton Albion v Leicester City (Kick-off 8.00)							10.30 Back Pages...
402 PREMIER LEAGUE	7.00 The Transfer Show		8.00 PL Stories	8.30 Soccerbox	9.00 PL 100	9.30 PL Stories	10.00 PL Icons	10.30 PL Retro
403 FOOTBALL	7.00 EFL Cup – Live: Burton Albion v Leicester City (Kick-off 8.00)							10.30 EFL Cup
404 CRICKET	◂ 6.00 The Hundred Live – Live: Oval Invincibles Men v Manchester Originals Men					9.30 The Hundred		
410 TNT SPORTS 1	7.00 MotoGP Highlights		8.00 UEFA Champions League – Live: Coverage of a qualifying match (Kick-off 8.00)				10.00 PL Stories	10.30 V8 Supercars
411 TNT SPORTS 2	7.00 Premier League Preview		8.00 UEFA Champions League – Live: Coverage of a qualifying match (Kick-off 8.00)				10.00 T20 Cricket Highlights	

◂ Denotes programmes starting before 7.00pm † Regions vary

WEDNESDAY

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Wednesday

BBC1

101 101 | 101 101 | 1 101 | 101 101/106

6.00 AM **Breakfast** (S)
9.15 **Countryfile Treasures** (S)(R)
10.00 **Dom Does America** (S)(R)
10.30 **Defenders UK** (S)(R)
11.15 **Homes Under the Hammer** New edition Properties in Essex, Glasgow and East Sussex. (S)
12.15 PM **Bargain Hunt** New edition From Shepton Mallet. (S)
1.00 **BBC News** (S)
1.30 **Local News** (S)
1.45 **Animal Park** New edition 3/15. The park says goodbye to Sonia the Hippopotamus. (S)(AD)
2.30 **Rick Stein's Cornwall** (S)(R)(AD)
3.00 **I Escaped to the Country** (S)(R)
3.45 **Make It at Market** (S)(R)(AD)
4.30 **The Repair Shop** (S)(R)(AD)
5.15 **Pointless** New edition Quiz. (S)
6.00 **BBC News** (S)
6.30 **Local News** (S)

9.00 Celebrity MasterChef

7 PM

7.00 **Rip Off Britain: Holidays** The team turn the spotlight on the holiday companies letting consumers down. (S)(R)
7.30 **EastEnders** Whitney and Zack have a difficult conversation. (S)(AD)

8 PM

8.00 **The Repair Shop** Restoring a pinball machine, an antique weather device and a rocking horse. (S)(R)(AD)
8.30 **The Travelling Auctioneers** Christina Trevanion and Will Kirk visit Northamptonshire. (S)(R)

9 PM

9.00 **Celebrity MasterChef** New edition 4/18. Max George, Dave Benson Phillips, Remi Burgz, Shazia Mirza and Terry Christian compete in a series of culinary challenges in the second week of heats. (S)(AD)
■ Continues tomorrow

10 PM

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 **Dreaming Whilst Black** *The Pitch:* 5/6. Kwabs must decide if he is willing to do what it takes to get funding for his film. (S1) (S)(R)(AD)
11.05 **Dreaming Whilst Black** *The Premiere:* 6/6. The screening of Kwabena's film proves a huge success but angers Uncle Claude, who accuses him of exploiting Dorvin's experiences for his own personal gain. (S1) (S)(R)(AD)
11.25 **Question of Sport** With Roger Black, Steve Sidwell, Ade Adepitan and Alex Danson-Bennett. (S)(R)
12.00 M'T **Weather for the Week Ahead** Seven-day forecast. (S)
12.05 **to 6.00** AM **BBC News** (S)

BBC2

102 102/115 802 | 102 102 | 2 102 | 102 102/106

6.30 AM **Animal Park** (S)(R)(AD)
8.00 **Sign Zone: Extraordinary Portraits with Bill Bailey** (S)(R)
8.30 **Sign Zone: Yarnbombers – Our Lives** The woolly creations of the Swansea Yarnbombers. (S)(R)(AD)
9.00 **Nicky Campbell** (S)
11.00 **BBC News** (S)
12.45 PM **Impossible** Game show. (S)(R)
1.30 **Mastermind** Quiz show. (S)(R)
2.00 **Home Is Where the Art Is** Three artists pitch ideas to celebrate the success of a choir. (S)(R)(AD)
2.45 LIVE **Cricket: The Women's Hundred** Oval Invincibles v Manchester Originals: Coverage of the women's match from the Oval. Suzie Bates top-scored for the Invincibles when these teams last met, with an unbeaten innings of 79. Start-time is at 3.00. (S)

11.15 Couples Therapy

7 PM

6.00 LIVE **Cricket: The Hundred** Oval Invincibles v Manchester Originals: Coverage of tonight's men's match from the Oval in London. Last year's match saw Sam Billings top-score for the Invincibles with 53 runs from just 33 deliveries but Wayne Madsen's unbeaten knock, also of 53, enabled the Originals to claim a six-wicket victory with just a single ball to spare. Start-time is at 6.30. (S)

8 PM

9 PM

9.30 **QI** Aisling Bea, Roisin Conaty, Jessica Fostekew and Alan Davies take part, as Sandi Toksvig asks questions based on a theme of 'senses'. (S)(R)

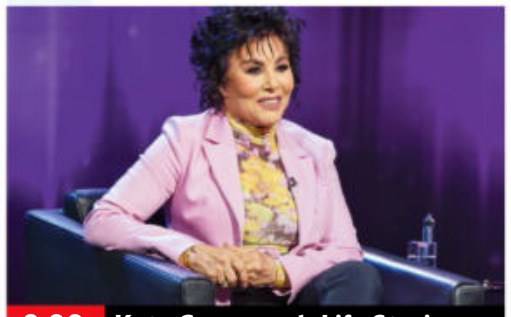
10 PM

10.00 **Mock the Week** With guests Angela Barnes, Ed Byrne, Sean McLoughlin and Glenn Moore. (S)(R)
10.30 **Newsnight** (S)
11.10 **Weather** (S)
11.15 **Couples Therapy** New episode Nadine and Christine attempt a new relationship dynamic. (S3) (S)
11.45 **Ultimate Wedding Planner** 1/6. Eight aspiring wedding planners battle it out. (S)(R)(AD)
12.45 AM **Sign Zone: David Harewood on Blackface** David investigates the roots of minstrelsy. (S)(R)(AD)
1.45 **Sign Zone: Money for Nothing** (R)
2.30 **Sign Zone: Celebrity MasterChef**
3.30 **to 6.30** AM **Previews** (S)

ITV1

103 103/176 803 | 103/113 | 3 103 | 103 111

6.00 AM **Good Morning Britain** (S)
9.00 **Lorraine** (S)
10.00 **This Morning** (S)
12.30 PM **Loose Women** Topical debate from a female perspective. (S)
1.30 **ITV News** (S)
1.55 **Local News** (S)
2.00 **James Martin's Islands to Highlands** In the Peak District, James is joined by restaurateur Tessa Bramley, who serves up a beef fillet along with vegetables from her own garden. (S)(R)(AD)
3.00 **Lingo** Word-based quiz show hosted by Adil Ray. (S)(R)
4.00 **Tipping Point** Game show hosted by Ben Shephard. (S)(R)
5.00 **The Chase** Quiz show hosted by Bradley Walsh. (S)(R)
6.00 **Local News** (S)
6.30 **ITV News** (S)



9.00 Kate Garraway's Life Stories

7 PM

7.30 **Emmerdale** Colin's unstable behaviour escalates, Dan asks Cain for help, and Tracy thinks Nate is doing well at work. (S)(AD)

8 PM

8.00 **Coronation Street** Gemma asks Henry to reconsider his decision, Stu informs Bridget of Eliza's contact with her father, and Lou tells Stephen that Rufus' death was no accident. (S)(AD)

9 PM

9.00 **Kate Garraway's Life Stories** New edition The presenter is joined by comedian, performer and author Ruby Wax. Kate looks back at Ruby's career, and discusses the relationship she had with her parents. (S)

10 PM

10.00 **ITV News** (S)
10.30 **Local News** (S)
10.45 **The Murder of Alex Rodda: Social Media Murders** The death of the youngster who was groomed on the internet by Matthew Mason. (S)(R)(AD)
11.40 **DNA Journey** Johnny Vegas and Alex Brooker go on a road trip to explore their family histories. (S)(R)
12.40 AM **EFL Carabao Cup Highlights** Action from the first round. (S)(R)
1.55 **The Masked Singer** (S)(R)
3.05 **Tonight: Britain's Dirty Water – What Went Wrong?** (S)(SL)(R)
3.30 **Next Level Chef** (S)(SL)(R)(AD)
4.20 **Unwind with ITV** (S)
5.35 **to 6.00** AM **Ainsley's Mediterranean Cookbook** (S)(R)

+1 hour 203 | 303 | 35 | 112

CHANNEL 4

104 104/108 804 | 104/108 | 4 104 | 104/106

6.15 AM **Countdown** (S)(R)
6.55 **Cheers** 8&9/22. (S1) (S)(R)
7.50 **Everybody Loves Raymond** (S)(R)
8.40 **Frasier** 8&9/24. (S7) (S)(R)(AD)
9.40 **The Big Bang Theory** (S)(R)(AD)
10.35 **The Simpsons** (S)(R)(AD)
11.35 **News** (S)
11.40 **Four in a Bed** (S)(R)
2.10 PM **Countdown** New edition (S)
3.00 **A Place in the Sun** (S)(R)
4.00 **A New Life in the Sun: Where Are They Now?** Bar owners seek a better work-life balance. (S)(R)
5.00 **Sun, Sea and Selling Houses** Sharon and Shaun Garner help a couple from St Andrews. (S)(R)
6.00 **The Simpsons** *Homer at the Bat:* Homer joins the power plant's softball team. (S)(R)(AD)
6.30 **Hollyoaks** Ella's 16th birthday party doesn't go to plan. (S)(AD)

10.00 The Girl from Plainville

7 PM

7.00 **News** (S)

8 PM

8.00 **George Clarke's Old House, New Home** The architect meets Duncan and Josie, who are taking on an 18th-century barn that contains some dodgy décor including a purple-striped 1980s kitchen. (S)(R)(AD)

9 PM

9.00 **Britain's Most Expensive Houses** New edition Guy and John conduct a valuation on a country retreat that has an indoor spa, and Jaishree puts an apartment in Chelsea on the market for £2.6million. (S)(AD)

10 PM

10.00 **The Girl from Plainville** New episode *Mirrorball:* 5/8. While the prosecution and defense get their strategies in place for the trial, Michelle's isolation from her peers pushes her to breaking point. (S1) (S)
■ Continues tomorrow
11.05 **Celebrity Gogglebox** (S)(R)
12.10 AM **Alone** 1/6. Wilderness survival challenge in Canada. (S)(R)
1.05 **Queer as Folk US** (S)(SL)(R)(AD)
1.55 FILM **Love, Simon** Comedy drama starring Nick Robinson. (S)(SL) (2018, 12, 110min) ★★★
3.45 **Couples Come Dine with Me** (R)
4.40 **Beat the Chef** (S)(R)
5.05 **Undercover Boss Australia** (S)(R)
5.55 **to 6.15** AM **Kirstie's House of Craft** (S)(R)

+1 hour 204/208 | 304 | 15 | 121

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

CHANNEL 5

105 105 805 | 105 | 5 105 | 105 105

5.25 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.15 **Storm Huntley** (S)
12.40 PM **Alexis Conran** (S)
1.40 **News** (S)
1.45 **Home and Away** (S)(R)(AD)
2.15 FILM PREMIERE **Her Husband's Revenge** Thriller starring Sarah Cleveland. (S) (2023, PG, 85min) ★★
4.00 **Bargain-Loving Brits in the Sun** Cameras focus on Ellie and Jim, who have just got married and set up their new café in Benidorm. (S)(R)
5.00 **News** (S)
6.00 **Eggheads** Plumming the Depths take part. (S)(R) **6.30** The Fair City Rollers take on the quiz experts. (S)(R)
6.55 **News** (S)

8.00 Dorset: Country and Coast

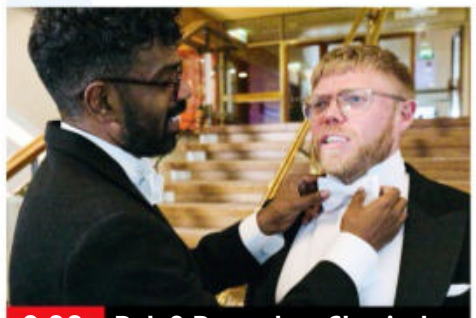
7.00 **My Cornwall with Fern Britton** 1/2. The presenter explores what makes the county she loves so uniquely captivating, beginning in Looe. (S)(R)
7.55 **News** (S)
8.00 **Dorset: Country and Coast** New edition A visit to an ice cream parlour in Weymouth, where Fulvio and Aimee Figlioni are carrying on the family tradition. Plus, a water garden, that is home to 300 varieties of water lily. (S)
9.00 NEW **Killer Storm: The Fastnet Disaster** One-off documentary recounting the tragic events of August 1979, when the Fastnet Yacht Race was hit by hurricane-force winds and waves up to 60ft high, taking the lives of 21 people. (S)
10.30 **Inside the Force: 24/7** 3/4. Officers are involved in two urgent manhunts across Lincoln, with one suspect wanted for sexual assault as well as stalking. (S)(R)
11.25 **Police: Night Shift 999** (S)(R)
12.25 AM **Shoplifters & Scammers: At War with the Law** (S)(R)
1.20 **Entertainment News** (S)
1.25 **Teleshopping** (S)
3.25 **Red Arrows: Kings of the Sky** 4/6. Documentary. (S)(R)
4.10 **Tribal Teens** (S)(SL)(R)
5.00 **Wildlife SOS** (S)(SL)(R)
5.25 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 | 305 | 38 | 128

SKY SHOWCASE

106 106 806 | 109 | 340 355

6.00 AM **The Early Rundown**
7.00 **Kay Burley**
8.00 **Monkey Life** (S)(R)
9.00 **Nothing to Declare** (S)(R)
9.30 **The Flash** 22/23. (S3) (S)(R)
10.30 **NCIS: New Orleans** (S7) (R)
12.30 PM **Hawaii Five-0** (S7) (S)(R)
1.30 **MacGyver** 8/15. Angus and the team help Matty's former mentor. (S5) (S)(R)
2.30 LIVE **Cricket: The Hundred** Trent Rockets Men v Northern Superchargers Men: Coverage of the match from Trent Bridge.
6.00 **The Simpsons** *Jaws Wired Shut:* Homer breaks his jaw in an accident. (S)(R) **6.30** *Blame It on Lisa:* The family visit Brazil to locate a missing orphan Lisa has been sponsoring. (S)(R)



9.00 Rob & Romesh vs Classical...

7.00 **The Simpsons** *Gump Roast:* Aliens Kodos and Kang probe Homer's memory. (S)(R) **7.30** *I Am Furious Yellow:* Bart creates a comic-strip involving a bad-tempered version of Homer. (S)(R)
8.00 **An Idiot Abroad** 3/8. Karl Pilkington stops off in Israel on his way to Petra, Jordan, and is subjected to a mock kidnapping before visiting Bethlehem, the Wailing Wall, and swimming in the Dead Sea. (S)(R)(AD)
9.00 **Rob & Romesh vs Classical Music** New edition The duo are invited to join the London Philharmonic Orchestra for the closing night of a year-long residency at the Royal Festival Hall. (S)(R)(AD)
10.00 **Ricky Gervais: Politics** The stand-up comedian and actor performs his second live show, filmed at the Palace Theatre in London's West End in 2004. (S)(R)
11.20 **Road Wars** Double bill. (S)(R)
12.55 AM **The Force: North East** (R)
2.00 **American Auto** 9/10. The group attend the annual Payne Foundation Gala. (S)(R) **2.30** 10/10. A TV news magazine films a segment on Katherine. (S1) (S)(R)
3.00 **Hawaii Five-0** (S7) (S)(R)
4.00 **MacGyver** 8/15. (S5) (S)(R)
5.00 **to 6.00** AM **The Early Rundown**

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky **964**, Virgin **862**, Freesat **964**
12.00m't The Edit (S)(R) **12.15am** Weather for the Week Ahead (S) **12.20-6.00am** BBC News (S)

N. IRELAND
Sky **966**, Virgin **863**, Freesat **966**
8.30-9.00pm Extraordinary Portraits with Bill Bailey New edition (S)

WALES
Sky **965**, Virgin **864**, Freesat **965**
7.00-7.30pm Iolo's Borderlands (S)(R) **8.30-9.00** Full House (S)(R) **10.40** Walescast New edition (S) **11.10** Dreaming Whilst Black New episode (S)(AD) **11.35-11.55pm** Dreaming Whilst Black Series finale (S)(AD)

BBC1 East Mid/ Yorkshire/Lincolnshire
Sky **957/955**, Freesat **957/955**
8.00pm Canal Boat Diaries New edition (S) **8.30-9.00pm** Canal Boat Diaries New edition (S)

BBC2

N. IRELAND
Sky **969**, Freesat **969**
No variations

WALES
Sky **968**, Freesat **968**
No variations

ITV1

No variations

S4C

Sky **134**, Virgin **164**, Freesat **120**
6.00am Cyw **10.00** Eisteddfod Genedlaethol Cymru New edition **12.00noon** Newyddion S4C a'r Tywydd **12.05pm** Eisteddfod Genedlaethol Cymru New edition **2.00** Newyddion S4C a'r Tywydd **2.05** Eisteddfod Genedlaethol Cymru New edition **4.00** Eisteddfod Genedlaethol Cymru New edition **6.15** Ffilmiau Ddoe **6.20** Ffilmiau Ddoe **6.30** Arfordir Cymru: Llyn **6.57** Newyddion S4C **7.00** Heno o'r Steddfod New edition **7.30** Newyddion S4C a'r Tywydd **8.00** Eisteddfod Genedlaethol Cymru New edition **9.25** Newyddion S4C a'r Tywydd **9.30** Cynefin **10.30** Y Babell Lên New edition **11.30pm-1.00am** Eisteddfod Genedlaethol Cymru

TV&Satellite week
More channels than any other TV magazine

BBC3

115/117/121 | 107/157 | 23 107 | 179 | 107

BBC3 programmes start at 7.00pm

7.00 PM LIVE **Cycling: World Championships** Clare Balding introduces coverage of the seventh and final day of the annual World Track Championships, which takes place at the Sir Chris Hoy Velodrome in Glasgow.
8.55 **The Catch Up**
9.00 FILM **Ready Player One** Steven Spielberg's fantasy adventure starring Tye Sheridan and Olivia Cooke. Gamers explore a virtual world in the quest for a deceased tycoon's fortune. With Simon Pegg. (2018, 12, 140min) ★★★★
11.10 **Him & Her** 1/7. Steve hides an engagement ring from a hungover Becky. **11.35** 2/7. The latest member of Paul's family is welcomed into the fold. (S3)
12.05 AM **Dreaming Whilst Black** 5&6/6. (S1)
12.55 **Go Hard or Go Home** One trainee leaves the island at the first Warrior Summit.
1.50 **Fresh Cops**
2.50 **to 3.45** AM **Him & Her**

BBC4

116 116 | 107/108 | 9/24 106 | 108

BBC4 programmes start at 7.00pm

7.00 PM **Great American Railroad Journeys** Michael joins the Jayhawks basketball team in Kansas.
8.00 **Patagonia: Earth's Secret Paradise** 3/3.The seas that surround the area.
9.00 **Forest, Field & Sky: Art Out of Nature** Artists whose work explores the human relationship with the natural world.
10.00 NEW **Sally Wainwright: This Cultural Life** The *Happy Valley* writer talks about her cultural influences.
10.30 **The Wife of Bath: Canterbury Tales** An actor's husband leaves her for his mistress. Written by Sally Wainwright.
11.30 **Julie Walters in Conversation with Richard E Grant** The actress discusses her career.
12.30 AM **Great American Railroad Journeys**
1.30 **My Family, Partition and Me: India 1947**
2.30 **to 3.30** AM **Forest, Field & Sky: Art Out of Nature**

MORE4

136/137 831 | 147 | 18 | 124

8.55 AM **Kirstie's House of Craft**
9.15 **A Place in the Sun**
10.05 **A New Life in the Sun: Road Trip** Documentary.
11.05 **Find It, Fix It, Flog It**
1.10 PM **Heir Hunters**
3.10 **Four in a Bed**
5.50 **The Secret Life of the Zoo** Keepers introduce an elderly chameleon to two new prospective partners.
6.55 **The Dog House Australia** New edition Dog walker Amy meets Chihuahua cross Angel and Tala the groodle.
7.55 **Grand Designs** Kevin McCloud meets Greg and Georgie who are taking on the highly ambitious task of converting a dilapidated, 35-year-old barn in Kent.
9.00 **Falklands' Most Daring Raid** Documentary featuring first-hand accounts of the RAF's 1982 mission to bomb Port Stanley's runway and make the island inaccessible to Argentine jets – using a single Vulcan aircraft.
10.00 **24 Hours in A&E** A school girl is rushed into resus after slumping over her desk.
11.05 **24 Hours in A&E**
12.10 AM **Emergency Helicopter Medics**
1.15 **999: On the Front Line – Holiday Hell**
2.20 **24 Hours in A&E**
3.25 **to 3.50** AM **Food Unwrapped Gets Chocolatey**

+1 hour 236/237 | 347 | 125

E4

135/136 830 | 106 | 13 | 122

6.00 AM **Hollyoaks**
7.00 **Ramsay's Kitchen Nightmares USA**
9.00 **Young Sheldon**
10.00 **Brooklyn Nine-Nine**
11.00 **Modern Family**
12.00 NOON **The Big Bang Theory** (S10&7)
2.00 PM **The Neighborhood**
3.00 **Modern Family**
4.00 **Young Sheldon**
5.00 **The Big Bang Theory**
7.00 **Hollyoaks** Goldie receives some upsetting news.
7.30 **Young Sheldon** 3/22. Meemaw comes to babysit when Sheldon's dad is rushed to hospital. (S1)
8.00 **Taskmaster Bleeped** The quintet of comedians head out into the wilderness.
9.00 **Gogglebox** The critics share opinions on *Gordon Ramsay's Future Food Stars*, *Britain's Got Talent* and *Great British History Hunters*.
10.00 **Naked Attraction: All Out & Proud** Anna Richardson hosts a Pride special, celebrating all of the most memorable singletons across the sexual spectrum.
11.05 **First Dates** Two daters return to the restaurant.
12.15 AM **Gogglebox**
1.15 **Impractical Jokers**
2.10 **Gogglebox** As 9.00pm.
3.05 **The Big Bang Theory**
3.55 **Brooklyn Nine-Nine**
4.45 **to 6.00** AM **Black-ish**

+1 hour 235/236 | 306 | 30 | 123

Wednesday primetime

WEDNESDAY Entertainment

Wednesday

Sky Witness

107 107 807 | 110 | 341 356

6.00 AM **Air Ambulance ER**
7.00 **Border Security: Canada's Front Line** Double bill.
8.00 **Border Patrol**
10.00 **Stop, Search, Seize**
11.00 **The Rookie** 13/22. (S4)
12.00 NOON **FBI: Most Wanted** (S1)
1.00 PM **FBI: International** (S1)
2.00 **Blue Bloods** 7/16. Jamie's childhood friend thinks she has solved a murder. (S11)
3.00 **The Equalizer** 5/18. The team transport a dangerous suspect for the CIA. (S3)
4.00 **Nothing to Declare**

10.00 9-1-1

7 PM
7.00 **Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.

8 PM
8.00 **Blue Bloods** *More Than Meets the Eye:* 8/16. Erin feels the pressure when her new boss shadows her at work. (S11)

9 PM
9.00 **Departure** New episode *Dead in the Water:* 2/6. The race for recovery continues as signs of life arise on the vessel. (S3)

10 PM
10.00 **9-1-1** *Panic:* 1/18. A series of ransomware threats leads to an overabundance of emergencies. (S5)
11.00 **New Amsterdam** 21/22. (S4)
12.00 M'T **The Equalizer** 4/18. (S3)
1.00 AM **Private Eyes** 9/12. (S4)
2.00 **Bull** 1/22. An insurance company is sued. (S3)
3.00 **Chicago Fire** 2/22. (S10)
4.00 **Stop, Search, Seize**
5.00 **to 6.00** AM **Air Ambulance ER**

+1 hour 207 310

Sky Atlantic

108/109 108/109 808 | 342 357

6.00 AM **Urban Secrets**
7.55 **Boardwalk Empire** (S3)
10.05 **The Sopranos** (S6)
12.15 PM **Game of Thrones** (S1)
1.20 **Britannia** 8&9/10. (S2)
3.30 **Boardwalk Empire** 3/12. Nucky's search for Billie is interrupted. **4.35** 4/12. Nucky tracks down a liquor thief. (S3)
5.40 **The Sopranos** 12/21. Christopher attempts to overcome his addictions. **6.50** 13/21. Tony celebrates at the lake house. (S6)

9.00 The Staircase

7.55 **Game of Thrones** *The North Remembers:* 1/10. As Westeros prepares for war, Stannis Baratheon sets his sights on the Iron Throne. (S2)

9.00 **The Staircase** *Seek and Ye Shall:* 7/8. Kathleen prepares for a Christmas to remember, and Sophie attempts to prove Michael's innocence. (S1)
10.15 **The Time Traveler's Wife** 6/6. A stressed Henry begins to travel more than ever. (S1)
11.25 **Tin Star** 6/10. Whitey finds himself on the back foot. (S1)
12.30 AM **Banshee** 6/10. A blast from the past threatens to blow Hood's cover. (S1)
1.40 **Billions** 5/12. (S4)
2.50 **Game of Thrones** 1/10. (S2)
4.00 **to 6.00** AM **Urban Secrets**

+1 hour 208/209

Sky Max

113/114 113/114 | 111 | 346 361

6.00 AM **Stargate Atlantis** (S3)
8.00 **Supergirl** 17/23. (S3)
9.00 **DC's Legends of Tomorrow**
10.00 **The Flash** 22/23. (S3)
11.00 **NCIS: New Orleans** (S7)
1.00 PM **Hawaii Five-0** (S7)
2.00 **MacGyver** 8/15. (S5)
3.00 **DC's Legends of Tomorrow**
4.00 **Supergirl** 18/23. (S3)
5.00 **The Flash** 22/23. Barry turns to Captain Cold for help. (S3)
6.00 **Stargate Atlantis** 5/20. An advanced civilisation puts the team in jeopardy. (S3)

9.00 Rob & Romesh vs...

7.00 **Stargate Atlantis** *The Real World:* 6/20. Weir is told Atlantis and the Stargate program exist only in her mind. (S3)
8.00 **An Idiot Abroad** Karl Pilkington stops off in Israel on his way to Petra, Jordan, and is subjected to a mock kidnapping.
9.00 **Rob & Romesh vs Classical Music** New edition The duo are invited to join the London Philharmonic Orchestra.
10.00 **COBRA** 3/6. Sutherland, Anna, Fraser and their teams visit the worst-affected area of the country. (S1)
11.00 **Strike Back: Retribution** 1/10. The disbanded Section 20 unit is reinstated after a terrorist escapes prison. (S6)
12.00 M'T **Road Wars**
1.00 AM **The Force: North East**
2.00 **Caught on Dashcam**
3.00 **Hawaii Five-0** 24/25. (S7)
4.00 **MacGyver** 8/15. (S5)
5.00 **to 6.00** AM **Motorbike Cops**

ITV2

118 118 816 | 115 | 6 | 113

6.00 AM **World's Funniest Videos**
6.35 **Guinness World Records**
7.00 **Dress to Impress**
8.00 **One Tree Hill** 21/22. (S7)
9.00 **Dawson's Creek** 2/23. (S4)
10.00 **Secret Crush**
11.00 **Dress to Impress**
12.00 NOON **Dinner Date**
1.00 PM **Family Fortunes**
2.00 **Chuck** 8/13. (S5)
3.05 **One Tree Hill** 22/22. (S7)
4.00 **Dawson's Creek** 3/23. (S4)
5.00 **Dinner Date**
6.00 **In for a Penny**

10.00 Shopping with Keith Lemon

6.35 **FILM Harry Potter and the Deathly Hallows: Part II** Fantasy adventure sequel starring Daniel Radcliffe. Harry, Ron and Hermione race to find the remaining fragments of Voldemort's soul to defeat him. (2011, 12, 130min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
9.00 **Family Guy** 11/21. Lois befriends a presenter. **9.30** 12/21. Death shows Peter what life would be like without alcohol. (S9)
10.00 **Shopping with Keith Lemon** New edition With Josie Gibson.
10.30 **Family Guy** 1/21. The residents of Quahog try to solve a mystery. (S9)
11.05 **Family Guy** 2/21. (S9)
11.35 **American Dad!** (S10)
12.30 AM **CelebAbility**
1.15 **Don't Hate the Playaz**
2.05 **to 3.00** AM **Celebrity Karaoke Club**

+1 hour 218 315 29 114

ITV3

119 119 817 | 117 | 10 | 115

6.00 AM **Classic Emmerdale**
7.00 **Classic Coronation Street**
8.05 **Never the Twain**
9.15 **The Royal** Double bill.
11.35 **Heartbeat**
1.45 PM **Classic Emmerdale**
2.45 **Classic Coronation Street**
3.50 **A Touch of Frost** *The Things We Do for Love:* Jack investigates a murder in a religious community.
6.00 **Heartbeat** *Stormy Weather:* Merton looks into the murder of a retired policeman who was about to flee the village.

8.00 Vera

7.00 **Heartbeat** *Who's Sorry Now?* Jenny's life starts to spiral out of control, leaving Dennis to face a difficult decision.
8.00 **Vera** *The Moth Catcher:* DCI Vera Stanhope examines a murder at a country house, but no sooner does she arrive, than a second body is found and a connection starts to emerge between the victims.
10.00 **Law & Order: UK** *Fault Lines:* 7/7. Casey begins a relationship with a woman who survives an attack. (S6)
11.00 **Unforgotten** 3/6. (S2)
12.05 AM **The Royal** *Safe As Houses:* Brigid returns to Ireland for Moira's funeral. **1.05** *Counting Chickens:* Brigid makes a big decision about baby Aisling's future.
2.10 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 59 116

BBC Scotland

SCOT 115 108 9 106 106
REST OF UK 187 162 110

12.00 NOON **This Is BBC Scotland**
12.30 PM **LIVE Cycling: World Championships** Coverage of day seven, featuring the mountain bike mixed cross-country relay and electric cross-country race.
2.20 **This Is BBC Scotland**
7.00 **The Seven**
7.30 **LIVE Sportscene: Champions League Qualifer** Rangers v Servette or KRC Genk: The UEFA Champions League third qualifying round first-leg at Ibrox.
10.00 **River City** New episode DCI Shaw's refusal to accept Lou's plan leads to a stand-off.
10.30 **Rico: The Richard Demarco Story** Celebrating the life of the artist and Edinburgh Festival pioneer.
11.55 PM **to 12.00** M'T **Loop** With Tessa MacKenzie.

Sky Comedy

114/115 | 112 | 347 362

8.00 AM **Sort Of** (S1&2)
9.00 **Entourage** (S2)
10.00 **The Conners** (S1&2)
11.00 **Bloods** 9/10. (S2)
11.30 **Veep** (S2&3)
12.50 PM **How to Make It in America** 7/8. (S1)
1.30 **Entourage** (S2)
2.30 **Fresh Prince of Bel Air**
3.30 **The Conners** (S2)
4.30 **Sort Of** 2&3/8. (S2)
5.30 **American Auto** (S1)
6.00 **Will & Grace** (S8)
7.00 **Fresh Prince of Bel Air**
8.00 **The Office (US)** (S3)
9.00 **Divorce** 9/10. Robert's lawyer makes an insinuation that Frances is an unfit mother. **9.40** 10/10. A move by Frances' new lawyer sends Robert on a vengeful path. (S1)
10.15 **Ricky Gervais: Politics**
11.45 **Breeders** (S1)
12.45 **And Just Like That...**
1.45 **Vice Principals** (S1)
2.55 **Sort Of** 4&5/8. (S1)
3.50 **to 5.00** AM **Veep**

Sky Arts

130/131 140 123 11 147 365

6.00 AM **Andre Rieu: Roses from the South**
8.00 **Watercolour Challenge**
9.00 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **Discovering**
12.00 NOON **Joy of Painting**
1.00 PM **Tales of the...**
2.00 **Watercolour Challenge**
3.00 **Master Crafters: The Next Generation**
4.00 **Discovering**
5.00 **Tales of the Unexpected**
6.00 **Hitchcock Presents**
7.00 **Joy of Painting**
8.00 **Celebrity Portrait Artist of the Year 2018**
9.00 **Discovering**
10.00 **Spielberg and Williams: The Adventure Continues**
10.30 **Music Icons**
11.00 **Auction** Double bill.
12.00 M'T **Why Do We Dance?**
1.15 AM **George Balanchine's The Nutcracker**
3.00 **Cameron Mackintosh – The First 50 Years**
5.10 **to 6.00** AM **Auction**

Pick

151 | 135 | 36 | 144

7.00 AM **Border Security: America's Front Line**
8.00 **Nothing to Declare**
9.00 **Motorway Patrol**
10.00 **Highway Cops**
11.00 **Highway Patrol**
12.00 NOON **Motorway Patrol**
1.00 PM **Border Patrol**
2.00 **Border Security: America's Front Line**
3.00 **Nothing to Declare**
4.00 **Warehouse 13** (S2)
5.00 **Quantum Leap** (S1)
6.00 **Merlin** 5/13. (S2)
7.00 **Star Trek: Voyager** (S6)
8.00 **NCIS: New Orleans** (S7)
9.00 **SEAL Team** 6/22. (S2)
10.00 **Grimm** *The Son Also Rises:* 8/13. Scientists come under attack. (S6)
11.00 **Snapped** Jenea Chance.
12.00 M'T **Killer in My Village**
1.00 AM **The Force: North East** Documentary.
2.00 **UK Border Force**
3.00 **Highway Patrol**
4.00 **Motorway Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Be

131/132 | 119 | 28 | 119

7.00 AM **Sam and Billie: The Mummy Diaries**
8.00 **Buying and Selling**
9.00 **LittleBe**
12.00 NOON **Sugar Showdown**
12.25 PM **Real Housewives of Beverly Hills**
1.20 **Sam and Billie: The Mummy Diaries**
2.20 **The Only Way Is Essex**
3.05 **Dinner Date**
4.05 **The Real Housewives of Atlanta** Reality series.
5.00 **The Real Housewives of Orange County**
6.00 **Masters of Flip**
7.00 **Buying and Selling**
8.00 **Jane the Virgin** New episode 4/17. (S4)
9.00 **Botched**
10.00 **Love Island USA** New edition Kisses are shared as the Islanders form two teams.
11.00 **Ready to Mingle**
12.00 M'T **Only Way Is Essex**
12.45 **to 1.00** AM **Unwind**

+1 hour 319 58

GREAT! tv

157 | 170 | 50 | 142

6.00 AM **Sue Thomas: F.B.Eye** 4&5/19. (S2)
8.00 **Highway to Heaven**
9.00 **Danielle Steel's Heartbeat** Melodrama.
11.00 **Castle** 21&22/24. (S5)
1.00 PM **Sue Thomas: F.B.Eye** 14&15/19. (S2)
3.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
7.00 **M*A*S*H** (S5)
9.00 **Randall and Hopkirk (Deceased)** *The House on Haunted Hill:* 9/26. A haunted house holds a dark secret. (S1)
10.00 **The Persuaders!** *Greensleeves:* 4/24. Mystery surrounds a mansion belonging to Brett's family. (S1)
11.00 **Return of the Saint**
12.00 M'T **M*A*S*H** (S5)
2.00 AM **Randall and Hopkirk (Deceased)**
3.00 **The Persuaders!** (S1)
3.50 **to 4.00** AM **Great! Movie News Extra**

+1 hour 257 62 143

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 120 818 118 26 117

6.00 AM **The Protectors**
6.35 **Minder**
7.35 **The Sweeney**
8.30 **The Champions**
9.40 **Robin of Sherwood**
10.50 **Magnum, PI**
11.50 **Extreme Salvage Squad**
12.45 PM **The Champions**
1.50 **Robin of Sherwood**
2.55 **Magnum, PI**
3.55 **The Sweeney**
5.00 **Minder**
6.00 **Extreme Salvage Squad** The world of marine rescue.

8.00 Casino Royale

7.00 **Karen Carney's Leaders of the Pack** New edition With Laura Coombs.
7.30 **River Monsters** Primordial bloodsuckers.
8.00 **FILM Casino Royale** James Bond action thriller portraying the early career of Ian Fleming's celebrated spy, starring Daniel Craig and Eva Green. James Bond seeks to bankrupt a terrorist banker by beating him in a high-stakes poker game. With Mads Mikkelsen. (2006, 12, 144min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
11.00 **EFL Carabao Cup Highlights** A round-up of action from matches in the first round of the competition, including Burton Albion v Leicester City and Wrexham v Wigan Athletic.
12.30 AM **Wrestling: AEW Collision**
2.30 **to 3.00** AM **The Protectors**

+1 hour 220 318 60 118

Sky Sci-Fi

139/140 836 122 348 363

6.00 AM **Merlin** 13/13. (S2)
7.00 **The Outpost** 2/13. (S4)
8.00 **Teleshopping**
11.00 **Pandora** 6/10. (S2)
12.00 NOON **Star Trek: The Next Generation** 12&13/26. (S3)
2.00 PM **Merlin** 13/13. (S2)
3.00 **Pandora** 6/10. (S2)
4.00 **Stargate SG-1** 3/22. (S1)
5.00 **Stargate Atlantis** 2/20. The battle cruiser *Daedalus* is infected with a virus. (S2)
6.00 **Star Trek: The Next Generation** 12/26. Dr Crusher is kidnapped. (S3)

9.00 Train to Busan

7.00 **Star Trek: The Next Generation** *Deja Q:* 13/26. Q is stripped of his powers and demands asylum. (S3)
8.00 **Star Trek: Voyager** *Equinox – Part Two:* 1/26. Seven refuses to help Ransom restore the enhanced warp drive. (S6)
9.00 **FILM Train to Busan** South Korean horror starring Yoo Gong. A hedge-fund manager must join up with other survivors after a chemical spill turns people into zombies. Subtitled. (2016, 15, 118min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
11.30 **FILM 2021: War of the Worlds** Sci-fi thriller starring Tom Sizemore. Sibling astronomers discover Martians are threatening to invade Earth. (2021, PG, 78min) ★★
1.15 AM **Star Trek: Voyager** (S6)
2.15 **Stargate Atlantis** (S1&2)
4.10 **to 6.00** AM **Star Trek: The Next Generation**

Alibi

109/110 809 114 343 358

7.15 AM **Murdoch Mysteries** (S11)
9.00 **Deception** 5/13. (S1)
10.00 **Hudson & Rex** 10/16. (S1)
11.00 **Without a Trace** 14/23. (S1)
12.00 NOON **The Doctor Blake Mysteries** 10/10. (S2)
1.00 PM **Death in Paradise** (S9)
2.00 **Murdoch Mysteries** (S11)
4.00 **Deception** 5/13. (S1)
5.00 **Hudson & Rex** 10/16. Charlie and the team navigate the world of high art. (S1)
6.00 **Without a Trace** 14/23. A flight attendant goes missing. Guest stars Heather Donahue. (S1)

9.00 Annika

7.00 **Person of Interest** *Razgovor:* 5/23. Shaw is assigned to protect a 10-year-old girl from the Russian mafia. (S3)
8.00 **Death in Paradise** *La Murder Le Diable:* 1/8. A masked man stabs a woman during a party in her own home. (S9)
9.00 **NEW SERIES Annika** 1/6. Return of the crime drama starring Nicola Walker. *See feature, page 4.* (S2)
10.05 **Death in Paradise** *Predicting Murder:* 3/8. Richard investigates the murder of a voodoo priestess. (S1)
11.05 **Person of Interest** As 7pm.
12.05 AM **Hudson & Rex** As 5pm.
1.05 **Deception** 5/13. A church's stained-glass window is stolen while a famous street artist is painting a mural. (S1)
2.05 **Murdoch Mysteries** (S11)
3.00 **to 4.00** AM **Limetown**

+1 hour 209/210 314

GOLD

110/111 110/111 124 344 359

7.25 AM **Highlights**
9.20 **Are You Being Served?**
10.00 **Still Open All Hours**
10.40 **Last of the Summer Wine**
12.00 NOON **Keeping Up...**
12.40 PM **2point4 Children**
1.20 **Dad's Army**
2.00 **Still Open All Hours**
2.40 **Are You Being Served?**
3.20 **Last of the Summer Wine**
4.40 **Keeping Up Appearances**
5.20 **Are You Being Served?**
6.00 **The Good Life**
6.40 **Dad's Army**

10.00 Inside No 9

7.20 **Dad's Army** Mainwaring sets his sights on Frazer's hoard of gold sovereigns.
8.00 **dinnerladies** Petula's bizarre lifestyle finally catches up with her.
8.40 **Miranda** Miranda attempts to improve her career prospects.
9.20 **Not Going Out** Lee and Tim are excited to discover a lesbian couple are living in their building.
10.00 **Inside No 9** Seven disparate characters share their stories.
10.40 **The Fast Show** The Off-Roaders go rafting.
11.20 **Live at the Apollo**
12.20 AM **dinnerladies** As 8.00pm.
1.00 **Miranda** As 8.40pm.
1.40 **Not Going Out** As 9.20pm.
2.25 **Lenny Henry's Race Through Comedy**
3.10 **to 4.00** AM **I Didn't Know You Cared**

+1 hour 210/211 324

Dave

111/112 127 19 157

7.10 AM **Yianni: Supercar Customiser** Double bill.
8.00 **Top Gear**
9.00 **The Force: Behind the Line**
10.00 **Outback Pilots**
11.00 **Rick Stein's India**
12.00 NOON **Ultimate Movers**
1.00 PM **Cop Car Workshop**
2.00 **Top Gear** Double bill.
4.00 **Richard Osman's House of Games** With Elis James.
4.40 **Room 101** With Kelly Holmes.
5.20 **Would I Lie to You?**
6.00 **Taskmaster** With Nish Kumar.

11.00 Live at the Apollo

7.00 **Richard Osman's House of Games** With YolanDa Brown and Joel Dommett. **7.40** With Nish Kumar, Clara Amfo, Anneka Rice and Al Murray.
8.20 **Would I Lie to You?** With Stephen Mangan, Ken Livingstone, Reginald D Hunter and Fern Britton.
9.00 **QI XL** Stephen Fry hosts a festive edition from 2013, with Alan Davies, Jo Brand, Phill Jupitus and Brendan O'Carroll.
10.00 **Schitt's Creek** 9/13. Alexis drives a wedge between David and Patrick. **10.30** 10/13. David's ex-partner comes to town for a photoshoot. (S3)
11.00 **Live at the Apollo** Double bill of the stand-up comedy show.
1.00 AM **Mock the Week**
1.40 **Would I Lie to You?**
3.00 **Richard Osman's House of Games** With Ronni Ancona.
3.30 **to 4.00** AM **This Country**

+1 hour 211 327 57

Wednesday

7 PM 8 PM 9 PM 10 PM

4seven

137/138 143 49 127

9.00 AM **Come Dine with Me**
11.30 **A New Life in the Sun: Where Are They Now?**
12.30 PM **A Place in the Sun: Home or Away**
2.30 **Sun, Sea and Selling Houses** From Almería.
3.30 **Come Dine with Me**
6.00 **A Place in the Sun**
7.00 **A Cotswold Farm Shop**
8.00 **Bake Off: The Professionals** The teams compete in Chocolate Week.
9.00 **24 Hours in A&E** A twenty-one-year-old is rushed in after a motorbike accident.
10.00 **Sky Coppers** A passenger fleeing from a hit and run.
11.05 **FILM Bloodshot** Thriller with Vin Diesel. (2020, 12, 109min) ★★
1.15 AM **Alone** Reality series.
2.15 **Confessions of a Cam Girl** Documentary.
3.20 **Becoming Elizabeth**
4.25 **to 4.55** AM **Four in a Bed**

5USA

141/169 120/162 21 129

9.00 AM **NCIS** (S1)
11.00 **Law & Order**
6.00 PM **NCIS** *Forced Entry:* 9/23. A Marine's wife kills an intruder. **7.00** *Chained:* 10/23. DiNozzo tries to recover valuable, stolen Iraqi art. **8.00** *Black Water:* 11/23. The team let a private investigator come on board. (S2)
9.00 **Criminal Minds** *A Thin Line:* 15/24. The BAU investigate a string of suburban murders. (S7)
10.00 **Law & Order: Special Victims Unit** *Gone, Baby, Gone:* 9/24. Noah is kidnapped. **11.00** *Pathological:* 10/24. The SVU investigate a sexual assault case. (S19)
11.55 **NCIS** 18&19/24. (S14)
1.50 AM **Law & Order**
3.35 **to 4.00** AM **Criminals: Caught on Camera**

+1 hour 241 320 130

5STAR

128/129 126 32 131

8.00 AM **Bargain-Loving Brits in the Sun**
10.00 **Car Pound Cops: Give Me My Car Back!**
11.00 **Nightmare Tenants, Slum Landlords**
12.00 NOON **Traffic Cops**
2.00 PM **Police Interceptors**
5.00 **Dogs Behaving (Very) Badly**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Call the Bailiffs: Time to Pay Up**
9.00 **My Lover, My Killer** New edition The case of a hairdresser killed by her controlling ex-lover.
10.00 **FILM Basic Instinct** Erotic thriller. (1992, 18, 128min) ★★★
12.40 AM **FILM Dracula Untold** Adventure. (2014, 15, 92min) ★★
2.25 **Home and Away**
2.50 **to 3.00** AM **Entertainment News**

+1 hour 228/229 326 141

5Action

150 130 33 132

9.00 AM **Entertainment News**
9.05 **Trucking Hell**
10.05 **Traffic Cops**
11.05 **Police Interceptors**
12.10 PM **FILM Flame of the Barbary Coast** Western. (1945, b/w, U) ★★
2.05 **FILM The Fastest Gun Alive** Western. (1956, b/w, U, 85min) ★★
4.00 **Trucking Hell**
5.00 **Traffic Cops**
6.00 **Police Interceptors** Bob and BoBo pursue a van through back streets. **7.00** A pursuit comes to an end with devastating consequences. **8.00** The squad respond to reports of a shotgun.
9.00 **FILM King Arthur** Adventure. (2004, 12, 126min) ★★★
11.15 **FILM Delta Force 2: Colombian Connection** Action thriller sequel. (1990, 18, 111min) ★
1.35 AM **Trucking Hell**
2.30 **to 3.00** AM **Criminals: Caught on Camera**

W

132/133 827 125 25 156

6.00 AM **Nigel Slater's Simple Cooking**
6.35 **Plate of Origin**
8.00 **Tipping Point**
10.00 **The Block: Australia** New edition
11.00 **Property Brothers: Forever Homes**
12.00 NOON **MasterChef Australia** Cooking show.
1.30 PM **Inside the Ambulance**
2.00 **Tipping Point**
4.00 **My Dream Home**
6.00 **Property Brothers: Forever Homes**
7.00 **MasterChef Australia** New edition
8.00 **The Secret Life of 4, 5, 6 Year Olds Australia**
9.00 **24 Hours in A&E**
10.00 **999 Rescue Squad**
11.00 **Stacey Dooley Sleeps Over: Family and Me**
12.00 M'T **One Born Every Minute** Documentary.
1.00 AM **Bang on Budget**
2.05 **to 3.00** AM **Date Night**

+1 hour 232/233 325

Drama

143 116 20 158

7.10 AM **Pie in the Sky**
8.00 **Lovejoy**
9.10 **Classic Holby City**
10.35 **Casualty**
11.40 **The Bill**
12.40 PM **Classic EastEnders**
2.00 **The House of Eliott**
3.00 **Lovejoy**
4.10 **Peak Practice**
5.20 **Waiting for God**
6.00 **Whatever Happened to the Likely Lads?**
6.40 **Last of the Summer Wine** Double bill.
8.00 **Kingdom** 1/6. Peter helps a war veteran deal with the future. (S3)
9.00 **Maisie Raine** *Can't See for Looking:* 1/6. Kyprianou's informant is endangered. (S2)
10.00 **New Tricks** *Communal Living:* The team look into the death of a student.
11.20 **Silent Witness**
1.40 AM **Bleak House**
2.40 **to 4.00** AM **Classic Holby City**

+1 hour 243 316 60

WEDNESDAY Entertainment

Wednesday

Really
142 128 17 160

6.00 AM **Fantasy Homes by the Sea** From Conwy.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
10.00 **The Bidding Room**
11.00 **Antiques Road Trip**
12.00 NOON **Money for Nothing** Vintage bottles.
1.00 PM **A Place in the Sun**
2.00 **My 600lb Life**
3.00 **Say Yes to the Dress: UK** Double bill.
4.00 **Animal Cops Philadelphia**
5.00 **Helicopter ER**
6.00 **The Yorkshire Auction House** In Huddersfield.
7.00 **Antiques Road Trip**
9.00 **The Bad Skin Clinic**
10.00 **Dr Pimple Popper**
11.00 **Ghost Adventures**
12.00 M'T **Kindred Spirits**
1.00 AM **Ghost Adventures**
2.00 **Teleshopping**
4.00 **Animal Cops Philadelphia**
5.00 **to 6.00** AM **Dr Jeff: Rocky Mountain Vet**

Challenge
145 139 48 146

7.00 AM **The Chase**
10.00 **Catchphrase**
11.00 **Sign2Win** Double bill.
12.00 NOON **Wheel of Fortune** Double bill.
1.00 PM **Family Fortunes**
2.00 **Classic Who Wants to Be a Millionaire?** Quiz.
3.00 **Strike It Lucky**
4.00 **Blockbusters**
5.00 **Bullseye** Darts quiz.
6.00 **Classic Who Wants to Be a Millionaire?** Quiz.
7.00 **Pointless Celebrities** A star-studded version of the general knowledge quiz show.
8.00 **The Chase** Double bill of the quiz show.
10.00 **Classic Who Wants to Be a Millionaire?** A classic edition of the award-winning quiz.
11.00 **Bullseye** Double bill.
12.00 M'T **Sign2Win**
1.00 AM **The Chase**
4.00 **Classic Who Wants to Be a Millionaire?**
5.00 **to 6.00** AM **Bullseye**

GREAT! action
323 426 42 305

6.00 AM **M*A*S*H** 11/25. (S8)
6.30 **Wild West Chronicles**
7.30 FILM **Seattle Superstorm** Thriller. (2012, PG, 95min) ★★
9.20 **Operation Barbarossa**
10.25 **Wings at War: Fight for Britain**
11.30 **M*A*S*H** 12/25. (S8)
12.00 NOON **Wild West...**
1.00 PM FILM **Gunman's Walk** (1958, PG) ★★
2.55 FILM **Gunmen from Laredo** (1959, 12) ★★
4.20 FILM **The Victors** Drama. (1963, b/w, PG) ★★
7.20 FILM **Icetastrophe** Sci-fi. (2014, PG) ★★
9.00 FILM **Meek's Cutoff** Western. (2010, PG, 102min) ★★★
11.10 FILM **The Art of War II: Betrayal** (2008) ★★
1.15 AM FILM **A Bullet Is Waiting** (1954, 12) ★★
3.00 **to 4.00** AM **War in the Pacific**
+1 hour 324

GREAT! movies
321 425 34 302

9.00 AM FILM **Dying for the Crown** Thriller. (2018, PG, 90min) ★★
11.00 FILM **Left for Dead** Thriller. (2014, PG) ★
1.00 PM FILM **Text to Kill** Drama. (2015, 12) ★★
3.00 FILM **Bermuda Tentacles** Thriller. (2014, 12, 90min) ★★
4.45 FILM **Fly Away Home** Adventure. (1996, U, 107min) ★★★★
7.10 FILM **Hush** Thriller starring Jessica Lange. (1998, 12, 91min) ★★
9.00 FILM **Last Airbender** Adventure. (2010, PG, 103min) ★★
11.05 FILM **Bunraku** Fantasy adventure. (2010, 15, 119min) ★★★
1.30 AM FILM **Cash** Thriller. (2010, 15) ★★
3.40 **to 6.00** AM FILM **Where Angels Fear to Tread** Drama. (1991, PG, 118min) ★★
+1 hour 322 61

GREAT! romance
319 424 52 303

6.00 AM FILM **The Perfect Catch** (2017, PG) ★★
8.00 FILM **Puppy Love** Drama. (2012, U) ★★
10.00 FILM **Sailing into Love** Drama. (2019, PG) ★★
12.00 NOON FILM **Love Afloat** Romantic drama. (2022, PG, 90min) ★★
2.00 PM FILM **Love on a Limb** (2016, PG) ★★
4.00 FILM **Sweet Autumn** Drama. (2020, PG) ★★
6.00 FILM **Love Knots** Romantic comedy. (2021, PG, 90min) ★★
8.00 FILM **A Summer to Remember** Comedy. (2018, PG, 90min) ★★
10.00 FILM **Pumpkin Pie Wars** Romantic comedy. (2016, PG, 90min) ★★
12.05 AM FILM **Tell Me I Love You** (2020, PG) ★★
1.35 FILM **One of a Kind Love** (2021, PG) ★★
3.05 **to 4.00** AM **Highway to Heaven**
+1 hr 320 63 304

Legend
148 149 41 137

8.00 AM **Walker, Texas Ranger** 6/26. (S3)
9.00 **Six Million Dollar Man**
10.00 **Star Trek: Deep Space Nine** 14/26. (S2)
11.00 FILM **The Bone Eater** Horror. (2007, 12) ★★
1.00 PM FILM **Fire Serpent** Thriller. (2007, 15) ★★
2.55 FILM **Lone Ranger and the Lost City of Gold** Western. (1958, U) ★
4.30 **The Twilight Zone** (S1)
5.00 **Star Trek** 22/30. (S1)
6.00 **Star Trek: Deep Space Nine** 15/26. (S2)
7.00 **Six Million Dollar Man**
8.00 **Walker, Texas Ranger**
9.00 FILM **Never Let Go** Crime thriller. (2015, 15, 90min) ★★★
10.55 FILM **Nomads** Horror. (1986, 15, 90min) ★★
12.45 AM FILM **Let Us Prey** Horror thriller. (2014, 18, 92min) ★★★
2.35 **to 4.20** AM FILM **She Never Died** Thriller. (2019, 15, 89min) ★★

DMAX
172 169 38 150

6.00 AM **Salvage Dawgs**
7.00 **Buying Alaska**
8.00 **Aussie Gold Hunters**
9.00 **Deadliest Catch**
11.00 **Alaska: Last Frontier**
12.00 NOON **Alaska: Homestead Rescue**
1.00 PM **Outback Opal Hunters** Documentary.
2.00 **Gold Divers**
4.00 **Buying Alaska** New editions Double bill.
5.00 **Home Town**
6.00 **Aussie Gold Hunters**
7.00 **Alaska: Last Frontier**
8.00 **Deadliest Catch**
9.00 **Restoration Road with Clint Harp** New edition
10.00 **Building Off the Grid**
11.00 **Outback Opal Hunters**
12.00 M'T **Homestead Rescue: Raney Ranch**
1.00 AM **Life Below Zero**
2.00 **Teleshopping**
4.00 **Tanked**
5.00 **to 6.00** AM **Maine Cabin Masters**
+1 hour 258 369

Food Network
140/141 190 43 148

6.00 AM **Southern Kitchen**
7.00 **The Pioneer Woman**
8.00 **Magnolia Table**
9.00 **The Kitchen** New edition
10.00 **Jamie Cooks Italy**
11.00 **Best Ever Dishes**
12.00 NOON **The Great British Bake Off**
2.00 PM **James Martin's American Adventure**
3.00 **The Hairy Bikers**
4.00 **Magnolia Table**
5.00 **Delicious Miss Brown**
6.00 **James Martin's American Adventure**
7.00 **Paul Hollywood's Bread**
8.00 **Best Ever Dishes**
9.00 **James Martin's French Adventure**
10.00 **The Hairy Bikers**
11.00 **BBQ USA** New edition
12.00 M'T **Diners, Drive-Ins and Dives** Double bill.
1.00 AM **Restaurant: Impossible**
2.00 **to 3.00** AM **Follow Donal to Europe**
+1 hour 240/241 149

Comedy Central
112/113 132 345 360

8.00 AM **Most Ridiculous: Kids** Comical clips.
8.35 **Most Ridiculous: Jobs**
9.00 **The Middle** (S9)
11.00 **Home Improvement**
1.00 PM **Friends** (S1)
7.00 **Friends** 13/24. The gang pay their last respects to Ross and Monica's grandmother. **7.30** 14/24. Chandler meets an old flame. **8.00** 15/24. Monica applies for a new job. **8.30** 16/24. Phoebe's twin sister visits. (S1)
9.00 **Michael McIntyre: Hello Wembley!**
10.00 **Al Murray: The Pub Landlord – Beautifully British Tour Live**
12.25 AM **Tom Allen at the Comedy Store**
12.55 **South Park** (S14)
2.25 **Beavis and Butt-Head**
3.00 **Key & Peele**
3.25 **Criminally Funny**
4.10 **to 5.00** AM **Friends**
+1 hour 212/213 332

Comedy Cen. Extra
127/128 154

6.00 AM **Criminally Funny**
7.00 **Teleshopping**
9.00 **Joel & Nish vs the World** In New Zealand.
10.00 **Takeshi's Castle**
11.00 **Friends** (S10)
1.00 PM **Impractical Jokers: Inside Jokes**
4.00 **The Middle** (S4)
7.00 **Home Improvement** 9/24. Tim's show goes on location to the Taylors'. **7.30** 10/24. Tim teaches women basic DIY skills. **8.00** 11/24. Tim becomes a modern man. **8.30** 12/24. Mark is told Santa is a myth. (S1)
9.00 **Friends** 4&5/20. (S10)
10.00 **South Park** (S5,18&10)
12.00 M'T **Ugly Americans**
1.00 AM **Digman!** (S1)
2.00 **Criminally Funny**
3.00 **The Funniest Adverts on the Planet**
3.45 **Ugly Americans** (S1)
4.30 **Ren & Stimpy Show**
5.15 **to 6.00** AM **Takeshi's Castle**

Blaze
164 174 64 162

6.00 AM **Hardcore Pawn**
6.50 **The UnXplained with William Shatner**
7.45 **Ancient Aliens**
9.40 **Strange Evidence**
10.40 **Curse of Oak Island**
11.40 **Digging for Britain**
12.40 PM **Storage Wars**
1.05 **Pawn Stars**
2.05 **Hardcore Pawn**
4.00 **Ancient Aliens**
6.00 **The UnXplained with William Shatner**
7.00 **Storage Wars**
8.00 **Dickinson's Real Deal**
9.00 **Weird or What? with William Shatner**
10.00 **Paranormal: Caught on Camera**
11.00 **Stalked By a Ghost**
12.00 M'T **Curse of Oak Island**
1.00 AM **The UnXplained with William Shatner**
2.00 **Barter Kings**
3.00 **Dickinson's Real Deal**
4.10 **American Restoration**
5.00 **to 6.00** AM **Pawn Stars**
+1 hour 81

5SELECT
153 138 46 133

9.00 AM **GPs: Behind Closed Doors** Documentary.
10.00 **The Yorkshire Vet**
12.00 NOON **Ben Fogle: New Lives in the Wild**
1.00 PM **Walking Wartime Britain** East Anglia.
2.00 **The Yorkshire Vet**
4.00 **Ben Fogle: New Lives in the Wild**
5.00 **Inside the Tower of London** Documentary.
6.00 **Walking Wartime Britain** South Wales.
7.00 **Dunkirk: Mission Impossible** Triple bill
10.00 **World's Deadliest Weather: Caught on Camera** Flash floods tear through Maryland in America. **11.00** A look at the effects of Hurricane Sandy hitting America.
12.00 M'T **Forged in Fire**
1.50 AM **Inside the Tower of London** Documentary.
2.50 **to 3.00** AM **Entertainment News**

HGTV
158 191 44 166

7.00 AM **Alaska: Homestead Rescue**
8.00 **Love Your Garden**
9.00 **A Place in the Sun**
10.00 **Escape to the Country**
11.00 **My Dream Derelict Home in the Sun**
12.00 NOON **My Lottery Dream Home**
1.00 PM **Good Bones**
2.00 **Flip or Flop**
3.00 **Love Your Garden**
4.00 **Escape to the Country**
5.00 **Alaska: Homestead...**
6.00 **A Place in the Sun**
7.00 **My Dream Derelict Home in the Sun**
8.00 **Escape to the Country**
9.00 **Brother Vs. Brother**
10.00 **Home Town** New edition
11.00 **Good Bones**
12.00 M'T **My Dream Derelict...**
1.00 AM **Alaska: Homestead Rescue** Documentary.
2.00 **Love Your Garden**
3.00 **to 4.00** AM **My Lottery Dream Home**
+1 hour 272 391 151

RealityXtra
147 172 68 134

9.00 AM **Medical Detectives**
11.00 **Murder by the Sea**
12.00 NOON **The Fugitive** (S4)
1.00 PM **48 Hours**
3.00 **Medical Detectives** An investigation into a street fight that claimed the life of a wrestler. **3.30** A murder set up to look like a suicide. **4.00** A man vanishes after starting an affair with a friend's wife. **4.30** A young girl is discovered murdered
5.00 **The Fugitive** *The Evil Men Do:* 14/30. Richard Kimble saves ex-underworld figure Arthur Brame's life. (S4)
6.00 **Murder by the Sea** Margaret McOnie is found dead on a cliff.
7.00 **Judge Judy**
1.00 AM **Murder by the Sea**
2.00 **The Fugitive** (S4)
3.00 **48 Hours** Double bill.
4.45 **to 6.00** AM **Medical Detectives**

TLC
133/134 828 165

7.00 AM **My Lottery Dream Home** Double bill.
8.00 **Extreme Couponing**
9.00 **My Extreme Excess Skin**
10.00 **Dr Pimple Popper**
11.00 **My 600lb Life**
12.00 NOON **1000lb Sisters**
1.00 PM **Sister Wives**
3.00 **OutDaughtered**
4.00 **I Didn't Know I Was Pregnant** Double bill.
5.00 **Dr Pimple Popper**
6.00 **My 600lb Life**
7.00 **I Love a Mama's Boy**
8.00 **Barbie Dreamhouse Challenge**
9.00 **MILF Manor** New edition
10.00 **Sister Wives**
11.00 NEW SERIES **My Big Fat American Gypsy Wedding** Reality series.
12.00 M'T **Body Bizarre**
1.00 AM **Extreme Cheapskates**
2.00 **Sister Wives**
3.00 **Long Island Medium**
4.00 **to 6.00** AM **Highlights**
+1 hour 233/234 365

HorrorXtra
317 171 69 138

8.00 AM FILM **Shark Season** Thriller. (2020, PG) ★★
10.00 **Farscape** 16/22. (S1)
11.00 FILM **Princess of Mars** Sci-fi fantasy adventure. (2009, 12, 90min) ★★
1.00 PM FILM **3 Headed Shark Attack** Thriller. (2015, 18, 90min) ★★
3.00 **Farscape** 16/22. (S1)
4.00 **Battlestar Galactica**
5.00 FILM **Solar Flare** Thriller starring Tracey Gold. (2008, PG, 90min) ★★
7.00 **Farscape** 15/22. (S1)
8.00 **Battlestar Galactica**
9.00 FILM **Jackals** Horror thriller starring Johnathon Schaech. (2017, 15, 90min) ★★
10.50 FILM **A Good Woman Is Hard to Find** Crime thriller starring Sarah Bolger. (2019, 18, 97min) ★★★★
12.55 **to 3.00** AM FILM **Jackals** As 9.00pm.
+1 hour 318 371 139

Sky Replay
152 156

7.00 AM **Sixth Sense with Colin Fry** Double bill.
8.00 **Celebrity Four Weddings** Reality series.
9.00 **Four Weddings**
10.00 **UK Border Force**
11.00 **Stop, Search, Seize**
12.00 NOON **The Real A&E**
1.00 PM **Inside RAF Brize Norton** Documentary.
2.00 **Warehouse 13** (S3)
4.00 **Most Haunted**
6.00 **Supergirl** (S4)
8.00 **UK Border Force**
9.00 **Alphas** *Never Let Me Go:* 6/12. A series of strange deaths occur. (S1)
10.00 **Road Wars**
11.00 **Rob & Romesh vs Classical Music**
12.00 M'T **Departure** (S3)
1.00 AM **Stop, Search, Seize**
2.00 **A League of Their Own**
3.00 **Duck Quacks Don't Echo** Lee Mack hosts.
4.00 **Four Weddings**
5.00 **to 6.00** AM **Sixth Sense with Colin Fry**

E!
159 159 835 160

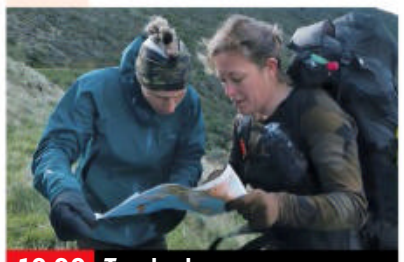
7.00 AM **Rich Kids of Beverly Hills**
8.00 **Keeping Up with the Kardashians**
10.00 **Jerseylicious**
11.00 **Big Rich Atlanta**
12.00 NOON **Botched**
1.00 PM **Kourtney & Kim Take Miami**
2.00 **Keeping Up with the Kardashians**
7.00 **Botched** Helping a singer find his voice. **8.00** Paul Nassif helps a female impersonator.
9.00 **Keeping Up with the Kardashians** Kourtney fears she waited too long to freeze her eggs. **10.00** Kim devotes her time to helping free Alice Johnson from prison.
11.00 **Big Rich Atlanta**
12.00 M'T **Dr 90210**
1.00 AM **Rich Kids of Beverly Hills**
2.00 **Teleshopping**
3.00 **to 5.00** AM **Celebrity Game Face**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 823 177 320 325

6.00 AM **Wheeler Dealers**
7.00 **Deadliest Catch**
8.00 **Treehouse Masters**
9.00 **Alaska: The Last Frontier**
10.00 **How It's Made** Double bill.
11.00 **Wheeler Dealers**
12.00 NOON **Diesel Brothers**
1.00 PM **Hoffman Family Gold**
3.00 **Alaska: Homestead Rescue**
5.00 **Wheeler Dealers** The boys want to mark the MGB's 60th anniversary in style.
6.00 **Diesel Brothers** The mechanics of DieselSellers restore broken-down trucks.



10.00 Tracked

7.00 **Street Outlaws** Farmtruck hosts the first 405 Daily Driver Shootout, and the drivers don't disappoint.
8.00 **Alaska: The Last Frontier** Atz Sr unites seven Kilcher siblings to finish the interior of his legacy rebuild.
9.00 **Deadliest Catch** New edition Jack and Harley have it out during a dangerous docking, and Bill gets his boat stuck.
10.00 **Tracked** New edition The most exposed location yet gives teams little chance to hide from the ruthless trackers.
11.00 **Naked and Afraid: Alone** Survivalist Gary Golding takes on the Belize jungle alone.
12.00 M'T **Expedition Bigfoot**
1.00 AM **Deadliest Catch**
2.00 **Tracked** As 10.00pm.
3.00 **Moonshiners**
4.00 **to 5.00** AM **Wheeler Dealers**

+1 hour 225/226 377

Animal Planet

162 178

8.00 AM **Animal Cribs**
9.00 **Dodo Heroes**
10.00 **Bad Dog!**
11.00 **Alaska: Homestead Rescue**
12.00 NOON **Animal Cribs**
1.00 PM **Dodo Heroes**
2.00 **Coyote Peterson: Brave the Wild** Double bill of editions.
3.00 **Tanked** Riverfront Stadium transformed into an aquarium.
4.00 **Dogs 101**
5.00 **Alaska: Homestead Rescue**
6.00 **Animal Cribs** Creating an elaborate system of tunnels for a family's chinchillas.

7.00 Dodo Heroes

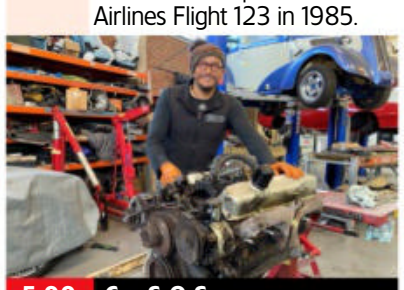
7.00 **Dodo Heroes** The story of a retired couple who turned their Australian retirement home into a kangaroo rescue centre.
8.00 **Deadliest Sharks** A look at whether oceanic white tip sharks deserve their fearsome reputation as the 'world's deadliest.'
9.00 **How Sharks Hunt** The hunting approaches of tiger sharks and great whites, and what makes them so effective.
10.00 **Alaskan Bush People** The *Integrity* begins to show its age, stranding the Browns in the middle of the water.
11.00 **From Wags to Riches** Bill Berloni hits the road with his 26-strong dog menagerie.
12.00 M'T **Pit Bulls & Parolees: Tia's Tales** A solo rescue.
1.00 AM **Alaskan Bush People**
2.00 **Dogs 101**
3.00 **Alaska: Homestead Rescue**
4.00 **to 5.00** AM **Animal Cribs**

+1 hour 262 378

Nat Geographic

129/130 825 183

8.00 AM **Food Factory USA**
9.00 **Air Crash Investigation**
10.00 **Europe from Above**
11.00 **Supercars**
12.00 NOON **Car S.O.S**
1.00 PM **Ultimate Airport Dubai**
2.00 **Air Crash Investigation**
3.00 **Hitler's Last Stand**
4.00 **Megafactories** How New York's subway cars are made.
5.00 **Car S.O.S** Tim and Fuzz restore a VW Wizard.
6.00 **Seconds from Disaster** The crash of Japanese Airlines Flight 123 in 1985.



5.00 Car S.O.S

7.00 **Air Crash Investigation** The crash of Japan Airlines 123 – the deadliest single aircraft accident in history.
8.00 **Lost Treasures of Rome** Off the coast of Sicily, investigators discover traces of a naval battle.
9.00 **Europe from Above** An aerial view of Scotland reveals a majestic cliff-top castle and the world's first golf course.
10.00 **World's Greatest Train Journeys from Above** The Ghan, Australia's most luxurious train.
11.00 **Air Crash Investigation**
12.00 M'T **Inside 9/11**
1.00 AM **To Catch a Smuggler**
2.00 **Made in a Day**
2.30 **Bid & Destroy**
2.55 **Lords of War**
3.20 **Food Factory**
4.10 **Exotic Animal ER**
4.35 **to 5.00** AM **Secrets of the Zoo: Keeper Tales**

+1 hour 229/230 383

Sky History

123/124 821 131 353 368

6.00 AM **Forged in Fire**
7.00 **Salvage Kings**
8.00 **American Pickers**
9.00 **Pawn Stars** Double bill.
10.00 **What on Earth?**
11.00 **The Curse of Oak Island**
12.00 NOON **River Hunters**
1.00 PM **Salvage Kings**
2.00 **Cities of the Underworld**
3.00 **Swamp People: Serpent Invasion**
5.00 **Pawn Stars** Double bill.
6.00 **American Pickers** The Wolfe brothers locate the best of all pinball machines.

8.00 Swamp People

7.00 **Forged in Fire** Four smiths must use their maths skills to work how much steel is needed for their signature blades.
8.00 **Swamp People** New edition Ashley takes a gamble, while Willie and his son aim to keep their treble streak alive.
9.00 **Cursed Treasures** New edition The origins of the curses surrounding the Gurlitt Collection and Stan the T-Rex.
10.00 **Empire Builders** New edition How the great imperial Chinese dynasties impacted modern-day China.
11.00 **Strange Evidence** Following a monster from the deep.
12.00 M'T **Pawn Stars**
1.00 AM **Swamp People**
2.00 **Secret Restoration**
3.00 **Swamp People: Serpent Invasion** Double bill.
5.00 **to 6.00** AM **American Pickers**

+1 hour 223/224 331

Yesterday

155 155 846 129 27 159

6.10 AM **Restoration Workshop**
8.00 **Abandoned Engineering**
10.00 **War Factories**
11.00 **Nazi Hunters**
12.00 NOON **Great American Railroad Journeys**
1.00 PM **Antiques Roadshow**
2.00 **Bangers & Cash** Double bill.
4.00 **Nazi Hunters**
5.00 **World War Two From Above**
6.00 **Great British Railway Journeys** The dark side of the Industrial Revolution. **6.30** A ride on one of Britain's most modern trains.

9.00 Cornwall

7.00 **Bangers & Cash** Derek dives into the lost Jowett marque, as a Bradford-built 1952 Javelin finds an unexpected home.
8.00 **Great American Railroad Journeys** A journey from Grand Central Terminal to the site of Ground Zero.
9.00 **Cornwall with Simon Reeve** Investigating the environmental challenges facing Cornwall and the rest of the country.
10.00 **Bangers & Cash** Dave goes to Wales to bag a Sierra Cosworth, a much sought-after car in the bidding market.
11.00 **Abandoned Engineering** A village ruin that is now pitted and scarred.
12.00 M'T **Great British Railway Journeys** Double bill.
1.00 AM **Restoration Workshop** Re-inventing unusual buys.
2.00 **to 3.00** AM **Forbidden History**

+1 hour 255 329 74

Wednesday

7 PM

8 PM

9 PM

10 PM

Quest

144 144 834 137 12 172

6.00 AM **How Do They Do It?**
6.30 **Shed and Buried**
7.00 **The Repair Shop**
8.00 **American Pickers**
10.00 **Chasing Classic Cars**
11.00 **Richard Hammond's Workshop**
12.00 NOON **How It's Made**
1.00 PM **The Repair Shop**
2.00 **Money for Nothing**
3.00 **Find It, Fix It, Flog It**
4.00 **Salvage Hunters**
5.00 **Salvage Hunters: Restorers**
6.00 **Wheeler Dealers**
7.00 **Outback Opal Hunters**
8.00 **Salvage Hunters** In Kent, Drew Pritchard snaps up a good deal at a 'junk emporium.'
9.00 **The Repair Shop**
10.00 **World's Greatest Motorcycle Rides** Henry Cole goes on a 3,000-mile ride to Cape Town.
11.00 **How Do They Do It?**
12.00 M'T **Wheeler Dealers**
1.00 AM **Border Control: Europe**
2.00 **Richard Hammond's Workshop**
3.00 **Wheeler Dealers**
4.00 **to 5.00** AM **How It's Made**

+1 hour 244 337 70 168

Quest Red

149 168 40 169

6.00 AM **Say Yes to the Dress**
7.00 **Say Yes to the Dress: Lancashire** Reality series.
8.00 **Say Yes to the Dress**
10.00 **Disappeared**
11.00 **Forensic Detectives**
1.00 PM **FBI Files**
2.00 **Disappeared** Macin Smith.
3.00 **True Crime with Aphrodite Jones** Double bill of editions.
5.00 **Say Yes to the Dress**
6.00 **Curvy Brides Boutique**
7.00 **Long Lost Family**
8.00 **The Murder Tapes**
9.00 **Murder on CCTV** The case of Amanda Douglas and Jennifer Sudar Sanders, who were shot dead following a night out.
10.00 **American Monster** The 2014 murder of 19-year-old Keonte Chavis in Seale, Alabama.
11.00 **The Devil Speaks** The disappearance of Billy Staton and his fiancée Leticia Castro.
12.00 M'T **Forensic Detectives**
2.00 AM **Murder on CCTV**
3.00 **to 4.00** AM **FBI Files**

+1 hour 249 170

CBS Reality

146 148 67 135

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Medical Detectives** How a cyanide poisoner almost got away with several murders. **7.30** Evidence contained in saliva used to lick stamps.
8.00 **48 Hours** The case of a murdered 15-year-old girl in Connecticut, whose diary may hold the clues to her killer.
9.00 **The Truth About My Murder** Forensic pathologist Dr Richard Shepherd investigates the murder of Bill McLaughlin.
10.00 **Murder in Paradise** Detailing stories of dream getaways torn apart by murder.
11.00 **Ice Cold Killers** A woman disappears in a parking lot and her body parts start to show up.
12.00 M'T **Fatal Vows**
1.00 AM **The Truth About My Murder** As shown at 9.00pm.
2.00 **Murder in Paradise**
3.00 **48 Hours** As 8.00pm.
3.45 **Medical Detectives**
4.10 **to 6.00** AM **Judge Judy**

+1 hour 246 348 136

Sky Crime

122/123 820 121 349 364

6.00 AM **Highway Patrol**
7.00 **Motorway Patrol**
8.00 **Motorbike Cops**
9.00 **Nothing to Declare**
10.00 **Caught Red Handed**
11.30 **Border Patrol**
12.00 NOON **Killer in My Village**
1.00 PM **How I Caught the Killer**
2.00 **Murders That Shocked the Nation** Peter Manuel.
3.00 **World's Most Evil Killers**
4.00 **Britain's Most Evil Killers**
5.00 **How I Caught the Killer**
6.00 **The Real Manhunter**
7.00 **World's Most Evil Killers**
8.00 **Britain's Most Evil Killers** A profile of killer Roy Whiting.
9.00 **Murdered at First Sight** New edition A 14-year-old is caught up in a fatal fight.
10.00 **Killer in My Village**
12.00 M'T **World's Most Evil Killers**
1.00 AM **The Killer Within**
2.00 **Mark of a Serial Killer**
3.00 **Brit Cops: Rapid Response**
4.00 **Road Wars** Vehicle crime.
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 222/223 321

PBS America

174 187 84 155

8.00 AM **Grand Tours of Scotland**
9.30 **Napoleon** As 7.10pm.
10.50 **The Stuarts** As 8.25pm.
11.55 **A War on Trial** As 9.35pm.
1.00 PM **Grand Tours of Scotland**
2.15 **Napoleon** As 7.10pm.
3.35 **The Stuarts** As 8.25pm.
4.40 **A War on Trial** As 9.35pm.
5.50 **Grand Tours of Scotland** Paul Murton follows a 19th-century Scottish guidebook. **6.30** Paul travels to the northernmost part of mainland Scotland – Dunnet Head.
7.10 **Napoleon** Andrew Roberts presents the fall of Napoleon, his defeat at Waterloo and exile to the island of St Helena.
8.25 **The Stuarts** How the Wars of the Three Kingdoms shaped British political culture and subsequent constitutional crises.
9.35 **A War on Trial** The story of the International Criminal Tribunal for the Former Yugoslavia.
10.45 **Napoleon** As 7.10pm.
12.00 M'T **The Stuarts** As 8.25pm.
1.10 **to 2.00** AM **Beautiful Serengeti**

SKY HD SD VIRGIN HD FREEVIEW HD FREESAT HD BT HD

WEDNESDAY

Wednesday

Sky Documentaries

121/122 819 188 352 367

6.00 AM **The Seventies**
7.00 **Discovering: Richard Gere**
8.00 **The Directors**
9.00 **Janet Jackson**
10.00 **The Story of Late Night**
11.00 **The Good Fight Club**
12.00 NOON **Fake Famous**
1.45 PM **My Icon: Darren Campbell**
2.00 **Kenny** Documentary.
3.50 **My Icon: Leon McKenzie**
4.00 **The Directors**
5.00 **Discovering: Richard Gere**
6.00 **Janet Jackson**
7.00 **The Story of Late Night**
8.00 **The Good Fight Club**
9.00 **Superpowered: The DC Story**
10.00 NEW **Football Bomber: The Dortmund Bus Attack**
11.50 **Alexia: Labor Omnia Vincit**
12.50 AM **My Icon: Shaun Gayle**
1.00 **Liverpool Narcos**
2.00 NEW SERIES **Mission to Burnley** 1/4. The story of the dramatic rebirth of Burnley FC.
3.00 **Liverpool Narcos**
4.00 **The Directors**
5.00 **to 6.00** AM **Discovering: Richard Gere**

Sky Nature

124/125 822 189 354 369

6.00 AM **Wildlife ER**
7.00 **Monkey Life**
8.00 **Wildlife Icons**
9.00 **Tales from Zambia**
10.00 **Great Blue Wild**
11.00 **Africa's Hunters**
12.00 NOON **Wild Survivors**
1.00 PM **Monkey Life**
2.00 **Wildlife Icons**
3.00 **Tales from Zambia**
4.00 **Great Blue Wild**
5.00 **Africa's Hunters**
6.00 **Wild Survivors**
7.00 **Monkey Life** A lemur struggles to adapt to its new enclosure. **7.30** The chimps enjoy a party.
8.00 **Brazil Untamed**
9.00 **Wild Fighters** Exploring the planet's fiercest fighters.
10.00 **Africa's Hunters** A leopard faces a challenge from a rival.
11.00 **Wild Survivors**
12.00 M'T **Living Beach**
1.00 AM **Into the Wild: India**
2.00 **Brazil Untamed** As 8.00pm.
3.00 **Wild Fighters**
4.00 **Wildlife Icons**
5.00 **to 6.00** AM **Tales from Zambia**

Sky History 2

163 163 840 186

6.00 AM **Ancient Aliens**
8.00 **Auction Kings**
9.00 **Top Secret UFO Projects Declassified** Project Blue Book.
10.00 **Treasures Decoded**
11.00 **Ancient Aliens**
1.00 PM **Walking Through History**
3.00 **Lost Gold of the Aztecs**
5.00 **Secret Passages**
6.00 **The Jack King Affair**
7.00 **Treasures Decoded** The discovery of a 2,700-year-old temple complex.
8.00 **The Machines That Built the World** How the TV industry began with a bitter battle.
9.00 **Instruments of Death** Weaponry used in a Napoleonic charge.
10.00 **Britain's Most Historic Towns** The story of Viking England through the history of York.
11.00 **Top Secret UFO Projects Declassified** Documentary.
12.00 M'T **Ancient Aliens**
2.00 AM **Auction Kings**
3.00 **Instruments of Death**
4.00 **to 6.00** AM **Walking Through History**

Crime+Investigation

156 156 837 133

6.00 AM **The First 48**
8.00 **Homicide Hunter**
9.00 **Killer in Plain Sight**
10.00 **Meet, Marry, Murder**
11.00 **Cruise Ship Killers**
12.00 NOON **Buried in the Backyard**
1.00 PM **The Real Murders of Atlanta** Crime series.
2.00 **Exhumed: Killer Revealed**
3.00 **Snapped** Heather Horst.
4.00 **Nightmare in Suburbia**
5.00 **Homicide Hunter**
6.00 **The First 48**
8.00 **Sunshine Slayings** A mother disappears in North Carolina.
9.00 **I Am a Stalker**
10.00 **Phrogging: Hider in My House** Brian O'Neill discovers an intruder under his bed.
11.00 **Cruise Ship Killers**
12.00 M'T **Homicide Hunter**
1.00 AM **Nightmare in Suburbia**
2.00 **Snapped** Heather Horst.
3.00 **Exhumed: Killer Revealed**
4.00 **Sunshine Slayings**
5.00 **to 6.00** AM **The Real Murders of Atlanta**

+1 hour 256 333

WILD

165 165 841 182

8.00 AM **America's Funniest Home Videos: Animal Edition**
9.00 **Komodo Dragons**
10.00 **Wild Argentina**
11.00 **Africa's Deadliest**
12.00 NOON **Snakes in the City**
1.00 PM **Yukon Vet**
2.00 **Sharks vs The World**
3.00 **Sharks Vs Dolphins: Bahamas Battleground**
4.00 **Secrets of the Zoo**
5.00 **Monster Fish**
6.00 **Snakes in the City**
7.00 **Secrets of the Zoo: North Carolina** Zoo keepers try to take blood from a lion.
8.00 NEW SERIES **China's Wild Empire** Clans of golden snub-nosed monkey in China's Shennongjia National Park.
9.00 **Hostile Planet**
10.00 **Legend of the Giant Squid**
11.00 **Snakes in the City**
12.00 M'T **When Sharks Attack**
1.00 AM **Caught in the Act**
2.00 **Crocpocalypse**
3.00 **Secrets of the Zoo**
4.00 **to 5.00** AM **Yukon Vet**

Discovery History

177 181

6.00 AM **Combat Dealers: Reloaded** Documentary.
7.00 **HMS Ark Royal**
8.00 **Greatest Events of World War II** The Battle of Stalingrad.
9.00 **Combat Dealers**
10.00 **Salvage Hunters**
11.00 **Shed and Buried**
12.00 NOON **How It's Made**
1.00 PM **Combat Dealers**
2.00 **HMS Ark Royal**
3.00 **Blowing Up History**
4.00 **Mysteries at the Castle**
5.00 **Greatest Events of World War II** The D-Day invasion.
6.00 **Secrets Underground**
7.00 **Expedition Unknown**
8.00 **Combat Dealers**
9.00 **Blowing Up History**
10.00 **Salvage Hunters**
11.00 **Shed and Buried**
12.00 M'T **How It's Made**
1.00 AM **Combat Dealers**
2.00 **Salvage Hunters**
3.00 **Combat Dealers**
4.00 **to 5.00** AM **Blowing Up History**

+1 hour 277 381

Eden

166 176

9.00 AM **Frozen Planet**
1.00 PM **Frozen Planet**
6.00 **Frozen Planet** Cameras follow a polar bear as it hunts with her cubs in the Arctic. **7.00** How animals in the polar regions adapt to the summer weather, including a colony of 400,000 king penguins where the adults go surfing. **8.00** Polar bears gather on the Arctic coast as they await the return of the ice **9.00** A look at how the arrival of winter sparks a ruthless battle for survival in the polar regions, with temperatures plummeting to -70C. **10.00** Exploring the life and work of people in the polar regions, including the residents of the coldest city on Earth. **11.00** David Attenborough travels to the Arctic and Antarctic to explore the wildernesses at Earth's poles.
12.00 M'T **Frozen Planet**
5.30 **to 6.00** AM **The Zoo**

+1 hour 266 376

ID

154 166

6.00 AM **American Monster**
7.00 **Teleshopping**
8.00 **Murder in the Heartland**
9.00 **Forensic Detectives**
10.00 **People Magazine Investigates**
11.00 **Evil Lives Here**
1.00 PM **American Monster**
3.00 **Murder in the Heartland**
4.00 **Disappeared**
5.00 **Swamp Murders**
6.00 **Forensic Detectives**
8.00 **Still a Mystery** A case in which the dismembered body of a missing woman turned up in rubbish bags.
9.00 **Faking It: Tears of a Crime** Focusing on the case of paralympian Oscar Pistorius, who shot his girlfriend Reeva Steenkamp dead in 2013.
10.00 **Cops UK: Bodycam Squad**
12.00 M'T **Still a Mystery**
1.00 AM **Betrayed**
2.00 **Ghost Brothers: Haunted House Party**
3.00 **Forensic Detectives**
5.00 **to 6.00** AM **Disappeared**

+1 hour 254 366

Discovery Turbo

161/184 180

6.00 AM **Chasing Classic Cars**
7.00 **Mega Shippers**
8.00 **Wheeler Dealers: Dream Car**
9.00 **Fantomworks**
10.00 **Salvage Hunters: Classic Cars**
11.00 **Race Night at Bowman Gray**
12.00 NOON **Fifth Gear**
1.00 PM **Supertruckers**
2.00 **Wheeler Dealers**
3.00 **Demolition Down Under**
4.00 **Wheeler Dealers**
5.00 **Junkyard Empire**
6.00 **Fantomworks**
7.00 **Wheeler Dealers**
9.00 **Race Night at Bowman Gray** Burt Myers hopes to build on his lead, and Tim Brown urgently needs a win.
10.00 **Demolition Down Under** Salvage divers have a big task in North Queensland.
11.00 **Mega Shippers**
12.00 M'T **Wheeler Dealers**
1.00 AM **Iron Resurrection**
2.00 **Fast N' Loud**
3.00 **Wheeler Dealers**
4.00 **to 5.00** AM **RMD Garage**

+1 hour 261/284

Films

Sky Cinema Premiere

301 301 401 501 515

6.55 AM **Sky Cinema Preview**
7.20 **High Heat** As 4.55am.
9.00 **The Best Man** As 2.30pm.
10.50 **Assassin** As 4.20pm.
12.35 PM **Maggie Moore(s)** (2023)
2.30 **The Best Man** Thriller starring Luke Wilson and Dolph Lundgren. (2023, 15, 93min)
4.20 **Assassin** Thriller with Bruce Willis. (2023, 15, 88min)
6.05 **House Party** Comedy starring Tosin Cole and Jacob Lattimore. (2023, 15, 100min) ★★

10.00 The Silent Twins

8.00 **Maggie Moore(s)** Comedy thriller starring Jon Hamm. A police chief investigates the murders of two women with the same name and unravels a web of small-town lies. (2023, 15, 99min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.45 **Cinema List: Unmissable Sky Originals**

10.00 **The Silent Twins** Fact-based drama starring Letitia Wright and Tamara Lawrance. Two twins nurture a mutual obsession with a hell-raising local boy. (2022, 18, 83min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.55 **Babylon** Comedy drama. (2022, 18, 188min) ★★★★
3.10 AM **The Harbinger** Horror. (2022, 15, 87min) ★★★★
4.55 **to 6.35** AM **High Heat** Action comedy with Olga Kurylenko. (2022, 15, 84min) ★★★

+1 hour 312

Sky Cinema Hits

303 303 403 503 517

6.10 AM **Glorias** (2020, 12) ★★★
8.50 **The United States vs. Billie Holiday** As shown at 2.45am.
11.15 **The Stepford Wives** Comedy remake. (2004, 12, 93min) ★
1.00 PM **Life** (2017, 15) ★★★★
3.00 **xXx: Next Level** Thriller sequel. (2005, 12, 97min) ★★
4.45 **A Shaun the Sheep Movie: Farmageddon** Animation. (2019, U, 86min) ★★★★
6.20 **Peter Rabbit** Family comedy. (2018, PG, 95min) ★★★

6.20 Peter Rabbit

8.00 **The Lost City** Adventure comedy starring Sandra Bullock and Channing Tatum. A novelist on a book tour with her cover model gets swept up in a kidnapping attempt that lands both in danger. With Daniel Radcliffe. (2022, 12, 112min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **Bullet Train** Comedy thriller starring Brad Pitt. Five assassins aboard a swiftly moving train discover their missions have something in common. (2022, 15, 127min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.10 AM **The Matrix: Resurrections** Thriller sequel. (2021, 15, 148min) ★★★
2.45 **The United States vs. Billie Holiday** Biopic starring Andra Day. (2021, 15, 126min) ★★★
5.05 **to 7.05** AM **Charming the Hearts of Men** Period drama. (2021, 12, 107min) ★★★

Sky Cinema Drama

310 310 410 510 524

6.50 AM **Cry Macho** As 1.10am.
8.45 **The Light Between Oceans** Drama with Michael Fassbender. (2016, 12, 133min) ★★★
11.10 **Call Me By Your Name** Drama with Armie Hammer. (2017, 15, 136min) ★★★★★
1.30 PM **Big Fish** Fantasy drama. (2003, PG, 123min) ★★★
3.40 **Miss Sloane** Legal drama. (2016, 15, 132min) ★★★★

5.55 **Captain Fantastic** Comedy drama with Viggo Mortensen. (2016, 15, 116min) ★★★★
8.00 **Straight Outta Compton** Biopic of hip-hop group NWA starring O'Shea Jackson Jr, Corey Hawkins and Aldis Hodge. (2015, 15, 147min) ★★★
10.30 **Elvis** Biopic with Austin Butler and Tom Hanks. Singer Elvis Presley takes the world by storm while his manager, Colonel Tom Parker, exerts a grip over him. (2022, 12, 159min) ★★★★

1.10 AM **Cry Macho** Western directed by and starring Clint Eastwood, (2021, 12, 104min) ★★
3.00 **Emily** Drama starring Emma Mackey and Adrian Dunbar. (2022, 15, 130min) ★★★★
5.15 **to 7.10** AM **Eiffel** Drama. (2021, 15, 108min) ★★★

Sky Cinema Summer Scares

311 311 411 511 525

6.00 AM **Snatchers** As 3.35am.
7.50 **Insidious** Supernatural thriller. (2010, 15, 103min) ★★★★
9.50 **Insidious: Chapter 2** Supernatural thriller sequel. (2013, 15, 103min) ★★★
11.50 **Insidious: Chapter 3** Horror prequel with Dermot Mulroney. (2015, 15, 97min) ★★★
1.30 PM **Paranormal Activity** Horror. (2007, 15, 86min) ★★★

3.00 **The Eye** Supernatural thriller. (2008, 15, 92min) ★★★
4.40 **The Woman in Black** Chiller. (2012, 12, 91min) ★★★★
6.20 **The Cabin in the Woods** Thriller with Kristen Connolly. (2011, 15, 91min) ★★★★
8.00 **The Purge** Thriller starring Ethan Hawke and Lena Headey. (2013, 15, 83min) ★★★
9.40 **Sky Cinema Preview**
10.00 **Jigsaw** Horror sequel starring Matt Passmore and Tobin Bell. (2017, 18, 88min) ★★★

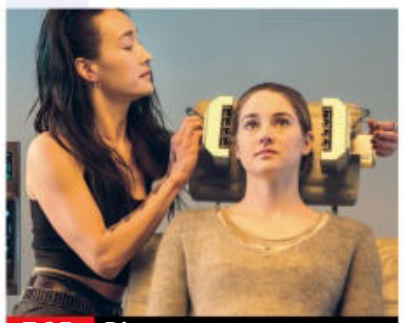
11.50 **Halloween Kills** Horror sequel. (2021, 18, 105min) ★★★★
1.40 AM **Halloween Ends** Horror sequel. (2022, 18) ★★★
3.35 **Snatchers** Comedy horror. (2019, 15, 96min) ★★★
5.15 **to 6.15** AM **Sky Cinema Preview**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 306 406 506 520

7.35 AM **A Monster Calls** Fantasy. (2016, 12, 108min) ★★★★
9.35 **Racing Stripes** Comedy. (2004, U, 102min) ★★★
11.35 **Clifford the Big Red Dog** Adventure. (2021, PG) ★★★
1.30 PM **Cinema List: Adventure**
2.00 **The Prince & Me** (2004)
4.00 **Nancy Drew and the Hidden Staircase** Family crime drama. (2019, PG, 89min) ★★★
5.45 **The Borrowers** Adventure. (1997, U, 86min) ★★★★



7.25 Divergent

7.25 **Divergent** Adventure with Shailene Woodley and Kate Winslet. A teenager in a strictly ordered future society discovers a conspiracy to wipe out a group of outsiders. (2014, 12, 136min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.50 **The Tiger Rising** Family drama starring Dennis Quaid and Christian Convery. A 12-year-old discovers a caged tiger in the woods near his home. (2022, PG, 102min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.40 **The Prince & Me** Comedy with Julia Stiles and Luke Mably. A career-minded student falls in love with a fellow student, little realising that he is actually the Crown Prince of Denmark. (2004, PG, 111min) ★★
1.40 AM **Robo-Dog** Adventure starring Michael Campion. (2015, PG, 87min) ★★★
3.20 **The Tiger Rising** As 9.50pm.
5.15 **to 6.15** AM **Sky Cinema Preview**

Sky Cinema Action

307 307 407 507 521

6.20 AM **Twist** As 4.00am.
8.00 **The International** As 1.50pm.
10.00 **RED** Action comedy thriller. (2010, 12, 111min) ★★★★
11.55 **Elysium** As 2.05am.
1.50 PM **The International** Thriller. (2009, 15, 113min) ★★★★
3.50 **Ghost Rider: Spirit of Vengeance** Adventure sequel. (2012, 12, 91min) ★★
5.40 **The Matrix** Sci-fi action thriller starring Keanu Reeves. (1999, 15, 136min) ★★★★

5.40 The Matrix

8.00 **The Matrix Reloaded** Sci-fi thriller sequel with Keanu Reeves. With only 36 hours to go before a machine army overwhelm the city of Zion, hope rests on the messiah-like Neo to save humanity from the Matrix. (2003, 15, 137min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.20 **Four Brothers** Revenge thriller starring Mark Wahlberg. Four adoptive brothers take the law into their own hands after the woman who raised them is killed. (2005, 15, 109min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.20 AM **Rambo** Action drama. (2008, 18, 92min) ★★★
2.05 **Elysium** Sci-fi action thriller. (2013, 15, 107min) ★★★★
4.00 **Twist** Crime comedy drama. (2021, 12, 90min) ★★★★
5.40 **to 6.40** AM **Sky Cinema Preview**

Sky Cinema Comedy

308 308 408 508 522

6.40 AM **The Estate** As 12.00m't.
8.30 **Mr Malcolm's List** (2022)
10.35 **Fighting Temptations** Drama. (2003, PG, 123min) ★★★
12.45 PM **Ticket to Paradise** Comedy with George Clooney. (2022, 12, 104min) ★★
2.35 **Kinky Boots** Comedy. (2005, 12, 107min) ★★★★
4.30 **50/50** Comedy drama. (2011, 15, 99min) ★★★★
6.20 **Daddy Day Care** Comedy. (2003, PG, 92min) ★★★

8.00 Hitch

8.00 **Hitch** Romantic comedy starring Will Smith and Eva Mendes. A smooth-talking man forges a career as a 'date doctor', offering advice to single men, but when he falls in love, he discovers his expertise counts for nothing. (2005, 12, 118min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.05 **Beverly Hills Cop** Comedy thriller starring Eddie Murphy as a police detective investigating a friend's murder in Beverly Hills. With Judge Reinhold. (1984, 15, 105min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.00 M'T **The Estate** Comedy starring Toni Collette. (2022, 15, 96min) ★★
1.50 AM **50/50** As 4.30pm.
3.40 **Rare Beasts** Comedy drama. (2020, 15, 87min) ★★★★
5.15 **to 7.25** AM **Mr Malcolm's List** Drama with Freida Pinto. (2022, PG, 117min) ★★★

Sky Cinema Thriller

309 309 409 509 523

6.00 AM **Last Seen Alive** Thriller. (2022, 15, 95min) ★★★
7.50 **Haywire** Action thriller. (2012, 15, 88min) ★★★★
9.40 **Red Lights** As 4.20am.
11.40 **The Fifth Estate** Biopic. (2013, 15, 125min) ★★★
1.55 PM **Side Effects** Thriller. (2013, 15, 106min) ★★★★
3.55 **To Catch a Killer** Thriller. (2023, 15, 119min) ★★★
6.00 **Snitch** Action thriller. (2013, 12, 107min) ★★★

10.00 Fatal Attraction

8.00 **Panic Room** Suspense thriller starring Jodie Foster. A newly divorced woman and her daughter are trapped in a hidden chamber in their home by three burglars. With Kristen Stewart and Forest Whitaker. (2002, 15, 112min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **Fatal Attraction** Adrian Lyne's thriller about a married man whose one-night stand won't leave him alone. Stars Michael Douglas, Glenn Close and Anne Archer. (1987, 18, 120min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.05 AM **Brooklyn's Finest** Crime thriller starring Richard Gere. (2009, 18, 127min) ★★★
2.25 **Resurrection** Thriller starring Rebecca Hall and Tim Roth. (2022, 18, 104min) ★★★★
4.20 **to 6.15** AM **Red Lights** Thriller starring Cillian Murphy. (2012, 15, 109min) ★★★

Film4

313 313 855 428 14 300

■ **Films start at 11.00am**
11.00 AM **Bee Movie** Animation. (2007, U, 91min) ★★★
12.50 PM **CutThroat Island** Adventure. (1995, PG) ★★
3.10 **Born Free** Wildlife adventure. (1965, U, 95min) ★★★★
5.00 **The Ghost and Mrs Muir** Supernatural comedy. (1947, b/w, U, 104min) ★★★★
7.10 **The Golden Child** Adventure fantasy starring Eddie Murphy. (1986, PG, 93min) ★★

11.10 C'mon C'mon

The Golden Child (film started at 7.10pm) — 8 PM
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **Predator** Sci-fi action fantasy starring Arnold Schwarzenegger as the leader of a commando team battling a ferocious alien in the South American jungle. With Carl Weathers. (1987, 18, 107min) ★★★★ — 9 PM
SEX ●●● VIOLENCE ●●● LANG ●●●

11.10 **PREMIERE C'mon C'mon** Drama with Joaquin Phoenix. A man and his young nephew are unexpectedly thrown together. (2021, 15, 109min) ★★★★ *See review, page 23.* — 11 PM
1.25 **to 3.25** AM **PREMIERE Fragments of Paradise** Documentary chronicling the life and work of Jonas Mekas. (2022, 15, 98min) ★★★★

+1 hour 314 430 47 301

Sky Cinema 5 Star Movies

302 302 402 502 516

6.00 AM **The Birthday Cake** Crime thriller. (2021, 15, 93min) ★★
7.50 **A Journal for Jordan** (2021)
10.05 **Shaun of the Dead** Horror comedy starring Simon Pegg. (2004, 15, 99min) ★★★★
12.00 NOON **Stand by Me** Drama. (1986, 15, 89min) ★★★★★
1.45 PM **Back to the Future** (1985)
3.45 **Jurassic Park** Monster thriller. (1993, PG, 127min) ★★★★★

5.55 **Ghostbusters: Afterlife** Supernatural comedy reboot. (2021, 12, 124min) ★★★★
8.00 **Forrest Gump** Whimsical fable starring Tom Hanks as an Alabama-born man who leads a charmed existence over four decades of US history. (1994, 12, 136min) ★★★★
10.25 **Back to the Future** Comedy fantasy starring Michael J Fox. A teenager is accidentally sent back in time to 1955. (1985, PG, 115min) ★★★★★

12.25 AM **Goodfellas** Martin Scorsese's drama starring Robert De Niro and Ray Liotta. (1990, 18, 143min) ★★★★★
2.50 **A Journal for Jordan** Drama. (2021, 12, 131min) ★★
5.05 **to 6.05** AM **Sky Cinema Preview**

Sky Cinema Greats

304 304 404 504 518

6.00 AM **Sky Cinema Preview**
7.00 **The Amazing Mr Blunden**
8.55 **The Great Gatsby** Drama. (1974, 12, 146min) ★★★
11.25 **The Duellists** Period drama. (1977, PG, 101min) ★★★★
1.20 PM **Guys and Dolls** Musical. (1955, U, 150min) ★★★★
4.00 **The Last of the Mohicans** Epic romantic adventure. (1992, 15, 122min) ★★★★

6.00 **Funny Face** Musical with Fred Astaire and Audrey Hepburn. (1956, U, 103min) ★★★★
8.00 **Jerry Maguire** Romantic comedy drama starring Tom Cruise as an idealistic sports agent who finds support from a single mother and an American football star. With Renée Zellweger and Cuba Gooding Jr. (1996, 15, 139min) ★★★★
10.20 **Birdy** Drama starring Nicolas Cage and Matthew Modine. (1984, 15, 120min) ★★★★

12.25 AM **Serpico** Crime drama. (1973, 18, 130min) ★★★★
2.45 **The Running Man** Adventure with Arnold Schwarzenegger. (1987, 18, 101min) ★★★
4.40 **to 6.20** AM **The Amazing Mr Blunden** Period ghost story. (1972, U, 95min) ★★★★

Sky Cinema Animation

305 305 412 500 514

6.10 AM **Flushed Away** As 1.50am.
7.45 **StarDog and TurboCat**
9.20 **Son of Bigfoot** As 9.00pm.
11.00 **Hotel Transylvania** Animation. (2012, U, 91min) ★★★
12.40 PM **Hotel Transylvania 2** Animated comedy sequel. (2015, U, 89min) ★★★
2.15 **Hotel Transylvania 3: Summer Vacation** Animated comedy sequel. (2018, U, 97min) ★★

4.00 **DC League of Super-Pets** Animated comedy adventure. (2022, PG, 105min) ★★★
5.50 **Shrek** Animated comedy. (2001, U, 90min) ★★★★★
7.25 **Storks** Animated adventure. (2016, U, 87min) ★★★
9.00 **Son of Bigfoot** Animation. (2017, PG, 92min) ★★★
10.40 **Open Season** Animation. (2006, PG, 86min) ★★★★
12.15 AM **StarDog and TurboCat** Animated family adventure. (2019, U, 91min) ★★

1.50 **Flushed Away** Animation. (2006, U, 85min) ★★★★
3.20 **Mia and Me: The Hero of Centopia** Animated adventure. (2022, U, 85min) ★★★
4.50 **to 6.20** AM **Scooby-Doo! and the Curse of the 13th Ghost** Animation. (2019, U) ★★★

Movies 24

325 419

7.00 AM **Mystery 101: Deadly History** (2021, PG) ★★
9.00 **One Royal Christmas** Festive drama. (2020, U, 89min) ★★
11.00 **Love in the Limelight** Comedy. (2022, PG, 84min) ★★
1.00 PM **Love Stories in Sunflower Valley** Romantic comedy. (2021, PG, 90min) ★★
3.00 **Unthinkably Good Things** Drama. (2022, PG, 84min) ★★

5.00 **Styled with Love** Comedy. (2022, PG, 89min) ★★
7.00 **The Baker's Son** Fantasy. (2021, PG, 84min) ★★
9.00 **A Whirlwind Wedding** Comedy with Morgan Kohan. When an event planner returns to her home town to plan her mother's wedding, a charming caterer soon catches her eye. (2020, PG, 90min) ★★
11.00 **Ships in the Night: A Martha's Vineyard Mystery** Drama. (2021, PG, 89min) ★★

1.00 AM **To Her, With Love** Romantic drama starring Erin Cahill. (2022, PG, 84min) ★★
3.00 **to 5.00** AM **The Beauty of Love** Romantic drama. (2021, PG, 90min) ★★

+1 hour 326 420

Talking Pictures

328 445 82 306

6.00 AM **The Detectives** (S3)
7.05 **Melody Club** Musical comedy. (1949, b/w, U, 64min) ★★
8.25 **Those People Next Door** Comedy. (1952, b/w, U) ★★★
10.00 **Together** (S1)
10.35 **Waterfront** Drama. (1950, b/w, PG, 80min) ★★★
12.15 PM **Look at Life** Documentary.
12.25 **Mask of Dust** Motor-racing drama. (1954, U, 85min) ★★

2.00 **Upstairs, Downstairs** (S5)
3.00 **The Silent Enemy** Adventure. (1958, b/w, PG, 112min) ★★
5.15 **Talking Pictures**
6.00 **For the Love of Ada**
6.35 **The Lone Wolf Strikes** Crime thriller starring Warren William. (1940, PG, 75min) ★★
7.55 **Cinebox Memories**
8.00 **Public Eye** 7/7. (S4)
9.05 **Mona Lisa** Romantic thriller starring Bob Hoskins, Cathy Tyson and Michael Caine. (1986, 15, 104min) ★★★★

11.10 **Hi, Mom!** Satirical comedy. (1969, 18, 87min) ★★★
12.50 AM **The Hustler** Drama. (1961, b/w, 15, 134min) ★★★★★
3.35 **The Terror** Horror chiller. (1963, 12, 81min) ★
5.10 **to 6.00** AM **Jimmy Edwards at the Tivoli**

WEDNESDAY Sport

Sky Sports Main Event

401 401 859 | 511 501 | 420 440

6.00 AM **Sky Sports News**
7.00 **Good Morning Sports Fans**
7.30 **World Cup Breakfast**
8.00 **Good Morning Sports Fans**
8.30 **World Cup Breakfast**
9.00 **Good Morning Transfers**
10.00 **Sky Sports News**
11.00 **LIVE The Hundred Trent Rockets Women v Northern Superchargers Women.** Coverage of the match from Trent Bridge in Nottingham.
2.30 PM **LIVE The Hundred Trent Rockets Men v Northern Superchargers Men.** Coverage of the match, which takes place at Trent Bridge in Nottingham.
6.00 **LIVE The Hundred Oval Invincibles Men v Manchester Originals Men.** Coverage of the match from the Oval in London.
7.00 **LIVE EFL Cup Burton Albion v Leicester City.** Coverage of the first-round match, which takes place at Pirelli Stadium, as the two East Midlands clubs go head-to-head. Kick-off **8.00pm**.
10.30 **Back Pages Tonight** The sports headlines in tomorrow's papers.
11.00 PM **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 402 860 | 512 502 | 421 441

6.00 AM **PL Greatest Games**
7.00 **Premier League Legends**
7.30 **World Cup Breakfast**
8.00 **Premier League Best Goals**
8.30 **World Cup Breakfast**
9.00 **Good Morning Transfers**
10.00 **PL Retro** Bolton Wanderers v Chelsea in the 2004/05 season.
12.00 NOON **Transfer Talk**
1.00 PM **Premier League Years**
3.00 **PL Greatest Games**
4.00 **Premier League Best Goals**
5.00 **The Transfer Show**
5.30 **Premier League 100 Club**
6.00 **Premier League Best Goals**
7.00 **The Transfer Show**
8.00 **Premier League Stories**
8.30 **Gary Neville's Soccerbox** The presenter talks to Robbie Keane.
9.00 **Premier League 100: Dion Dublin** A profile of the striker.
9.30 **Premier League Stories**
10.00 **Premier League Icons** A profile of Carlos Tevez.
10.30 **PL Retro** Bolton Wanderers v Chelsea in the 2004/05 season.
12.30 AM **Premier League Icons**
1.00 **Premier League Years**
3.00 **PL Greatest Games**
4.00 **Premier League Best Goals**
5.30 **to 6.00** AM **Premier League 100 Club**

Sky Sports Football

403 403 861 | 513 503 | 422 442

6.00 AM **EFL** The 2012/13 play-offs.
9.00 **EFL Cup Highlights**
9.30 **EFL Greatest Games**
10.00 **Championship Retro**
12.00 NOON **EFL Cup** Another chance to see Wrexham v Wigan Athletic.
3.30 PM **Scottish Premiership Round-Up** The latest action.
3.45 **EFL Highlights**
5.00 **EFL Cup Highlights**
5.30 **Scottish Premiership Round-Up** The latest action.
5.45 **SPFL Highlights**
6.00 **EFL Goals: Leagues 1 & 2**
6.30 **EFL Cup Highlights**
7.00 **LIVE EFL Cup Burton Albion v Leicester City.** Coverage of the first-round match, staged at Pirelli Stadium. Kick-off **8.00pm**.
10.30 **EFL Cup Highlights** Action from Wrexham v Wigan Athletic.
11.00 **Scottish Premiership Round-Up** The latest action.
11.15 **SPFL Highlights**
11.30 **EFL Goals: Leagues 1 & 2**
12.00 M'T **EFL Cup Highlights**
12.30 AM **EFL Greatest Games**
1.00 **EFL Cup Retro**
1.30 **EFL** Action from 2017/18.
5.00 **to 6.00** AM **Championship Season Review**

Sky Sports Cricket

404 404 862 | 514 504 | 423 443

6.00 AM **The Hundred** Another chance to see London Spirit Women v Southern Brave Women, staged at Lord's.
9.30 **The Hundred Bitesize** Six back-to-back editions.
11.00 **LIVE The Hundred Trent Rockets Women v Northern Superchargers Women.** Coverage of the match from Trent Bridge in Nottingham.
2.30 PM **LIVE The Hundred Trent Rockets Men v Northern Superchargers Men.** Coverage of the match, which takes place at Trent Bridge in Nottingham.
6.00 **LIVE The Hundred Oval Invincibles Men v Manchester Originals Men.** Coverage of the match from the Oval in London.
9.30 **The Hundred Bitesize** Action from Oval Invincibles v Manchester Originals and Trent Rockets Men v Northern Superchargers.
10.30 **The Hundred** Another chance to see Trent Rockets Women v Northern Superchargers Women.
2.00 AM Another chance to see Trent Rockets Men v Northern Superchargers Men.
5.30 **to 6.00** AM **Hundred Bitesize**

Sky Sports Golf

405 405 863 | 515 505 | 424 444

6.00 AM **PGA Tour Golf**
8.00 **Ladies European Tour Golf**
9.00 **The Greatest Solheim Cup**
11.00 **Ladies European Tour Golf**
12.00 NOON **Women in Golf: Breaking with Tradition**
1.00 PM **Hall or Nothing: Georgia's Story** Documentary.
2.00 **The Greatest Solheim Cup**
4.00 **Women's Golf**
5.00 **Hall or Nothing: Georgia's Story**
6.00 **Women's Golf**
7.00 **PGA Tour: The Cut**
7.30 **Challenge Tour Golf** Action from the British Challenge.
8.00 **Ladies European Tour Golf** Highlights of day four of the Trust Golf Women's Scottish Open.
9.00 **Women's Golf** A preview of the AIG Women's Open.
10.00 **PGA Tour: The Cut**
10.30 **Challenge Tour Golf** Action from the British Challenge.
11.00 **Ladies European Tour Golf** The 2020 AIG Women's Open.
12.00 M'T **PGA Tour: The Cut**
12.30 AM **Challenge Tour Golf**
1.00 **PGA Tour Golf**
4.00 **Ladies European Tour Golf**
5.00 **to 6.00** AM **Hall or Nothing: Georgia's Story**

TNT Sports 1

410 410 870 | 527 | 408 430

6.00 AM **T20 Cricket Highlights** West Indies v India in the third T20 in the five-match series.
7.00 **WWE Monday Night Raw**
9.30 **Ariel Helwani Meets**
10.00 **UEFA Documentaries**
11.00 **UEFA Champions League** Action from qualifying matches.
2.00 PM **Fishing: On the Bank**
3.00 **V8 Supercars Highlights**
5.00 **World Rallycross Championship Highlights** Action from the latest round of the season in Mettet, Belgium.
6.00 **TNT Sports Reload**
6.30 **Vanarama National League Highlights** Recent action.
7.00 **MotoGP Highlights**
8.00 **LIVE UEFA Champions League** Coverage of a qualifying encounter. Kick-off **8.00pm**.
10.00 **Premier League Stories**
10.30 **V8 Supercars Highlights**
12.30 AM **World Rallycross Championship Highlights**
1.30 **WRC Review**
2.30 **Fishing: On the Bank**
3.30 **TNT Sports Reload**
4.00 **T20 Cricket Highlights**
5.00 **to 6.00** AM **UEFA Documentaries**

TNT Sports 2

411 411 871 | 528 | 409 431

6.00 AM **Premier League Review**
12.00 NOON **Premier League Stories** A look at Sheffield United during their pre-season preparations.
12.30 PM **Vanarama National League Highlights** Recent action.
1.00 **T20 Cricket Highlights** Action from West Indies v India in the third T20 in the five-match series.
2.00 **Premier League Review** A look back at the best of the recent action from the top flight.
8.00 **LIVE UEFA Champions League** Coverage of a qualifying encounter. Kick-off **8.00pm**.
10.00 **T20 Cricket Highlights** Action from West Indies v India in the third T20 in the five-match series.
11.00 **Major League Cricket Highlights** Action from the Championship match.
11.30 **What I Wore: Robbie Fowler** The former Liverpool striker describes his passion for football.
11.45 **UEFA Documentaries** Former players explain what a devastating impact online abuse can have.
12.00 M'T **UEFA Champions League** Action from qualifying matches.
3.00 AM **UFC Fight Flashback**
5.00 **to 6.00** AM **MotoGP Highlights**

TNT Sports 3

417 417 874 | 529 | 410 432

6.00 AM **UEFA Champions League** Action from qualifying matches.
9.00 **MotoGP Rewind**
9.15 **Badminton Weekly**
9.30 **WRC Review**
10.30 **World Rallycross Championship Highlights**
11.30 **Joe Cole Cast**
12.00 NOON **Ligue 1** Action from Monaco v Paris Saint-Germain. **1.00** PM Highlights from Paris Saint-Germain v Lille.
2.00 **Ligue 1** Highlights from Marseille v Paris Saint-Germain. **3.00** Action from Paris Saint-Germain v Nantes. **4.00** Action from Lille v Lyon.
5.00 **WWE SmackDown Highlights** Recent wrestling action.
6.00 **WWE Raw Highlights**
7.00 **PTO Triathlon** The US Open.
8.00 **MLB Plays of the Week**
8.30 **LIVE MLB Oakland Athletics v Texas Rangers.** Coverage of the American League match, which takes place at RingCentral Coliseum. Start-time **8.37pm**.
12.00 M'T **UFC: The Ultimate Fighter**
1.00 AM **TNT Sports Reload**
1.30 **Currie Club**
2.00 **to 6.00** AM **AFL**

Sky Sports Action

407 407 865 | 517 507 | 426 446

6.00 AM **WNBA** A replay of New York Liberty v Las Vegas Aces.
8.00 **Richard Torrez Jr: The Gentleman Boxxer**
8.30 **Navarrete v Valdez: Made in Mexico**
9.00 **Fight Night International**
11.00 **Navarrete v Valdez: Made in Mexico**
11.30 **Richard Torrez Jr: The Gentleman Boxxer**
12.00 NOON **Good Morning Football**
3.00 PM **WNBA** A replay of New York Liberty v Las Vegas Aces.
5.00 **NFL Highlights** Washington Commanders v New York Giants.
6.00 **NBC's Pro-Football Talk**
8.00 **Navarrete v Valdez: Made in Mexico**
8.30 **Fight Night International** A replay of Emanuel Navarrete v Eduardo Baez from August 2022.
9.30 **One Jets Drive**
10.00 **Richard Torrez Jr: The Gentleman Boxxer**
10.30 **Navarrete v Valdez: Made in Mexico**
11.00 **Total Access** NFL news.
1.00 AM **NBC's Pro-Football Talk**
3.00 **NFL Bitesize Highlights**
3.15 **to 6.00** AM **NY Jets Flight: Ascension**

Sky Sports Mix

416 416 873 | 510 | 429 449

6.00 AM **PL Greatest Games**
7.00 **Premier League Legends**
7.30 **The Hundred Bitesize**
8.00 **WNBA** A chance to see New York Liberty v Las Vegas Aces.
10.00 **Women's Super League**
10.15 **Super League Highlights**
11.00 **LIVE The Hundred Trent Rockets Women v Northern Superchargers Women.** Coverage of the match from Trent Bridge in Nottingham.
2.30 PM **LIVE The Hundred Oval Invincibles Women v Manchester Originals Women.** Coverage from Kia Oval, London.
6.00 **LIVE The Hundred Oval Invincibles Men v Manchester Originals Men.** Coverage of the match from Kia Oval in London.
9.30 **The Hundred Bitesize**
10.30 **PGA Tour: The Cut**
11.00 **Challenge Tour Golf**
11.30 **Ladies European Tour Golf**
12.30 AM **PGA Tour Golf**
1.30 **Super League Highlights**
2.00 **The Hundred** Another chance to see Trent Rockets Women v Northern Superchargers Women.
5.30 **to 6.00** AM **The Hundred Bitesize**

TNT Sports 4

421 421 876 | 530 | 411 434

6.00 AM **Gallagher Premiership Rugby Highlights** Recent action.
7.30 **MLB** Recent baseball action.
10.00 **MotoGP** Action from the Moto3 British Grand Prix. **11.00** Action from the MotoGP British Grand Prix sprint race.
11.30 **MotoGP** Action from the MotoGP British Grand Prix. **12.30** PM Action from the Moto2 British Grand Prix.
1.30 **MotoGP Chequered Flag** Post-race show featuring analysis, highlights and interviews.
2.30 **MLB** Recent baseball action.
5.00 **UEFA Champions League** Action from qualifying matches.
8.00 **WRC Review** A look back at the latest action from Rally Finland.
9.00 **WWE NXT** Wrestling action.
10.45 **WWE Raw Highlights**
11.45 **MotoGP Rewind** Action from the British Grand Prix.
12.00 M'T **World Poker Tour Series**
4.00 **to 6.00** AM **Classic Ligue 1**

Eurosport 1

413 413 868 | 521 | 412 435

6.00 AM **Cycling: Road World Championships** From Glasgow.
7.00 **Cycling: Track World C'ships**
8.00 **Triathlon: PTO Tour**
9.00 **Climbing World C'ships**
10.00 **Cycling: Road World C'ships**
11.00 **Cycling: Track World C'ships**
12.00 NOON **LIVE Mountain Bike World Championships** The mixed cross-country relay, which takes place in Glentress Forest.
2.20 PM **LIVE Cycling: Road World Championships** Coverage of the men's time-trial from Glasgow.
5.20 **LIVE Cycling: Track World Championships** Coverage of day seven from Glasgow.
9.30 **Mountain Bike World C'ships**
10.30 **Cycling: Road World C'ships**
11.30 **Cycling: Track World C'ships**
12.30 AM **One Year to Dream**
1.00 **Hall of Fame: Athens 2004**
2.00 **Cycling: Track World C'ships**
3.00 **Mountain Bike World C'ships**
4.00 **to 6.00** AM **British Superbikes**

Eurosport 2

414 414 869 | 522 | 413 436

6.00 AM **Climbing World C'ships**
7.00 **Hall of Fame: Athens 2004**
8.00 **British Speedway**
9.00 **Speedway**
10.00 **BMX World Championship**
11.00 **Climbing World C'ships**
12.00 NOON **British Superbikes**
2.00 PM **BMX World Championship**
2.55 **LIVE Mountain Bike World Championships** Coverage of the electric cross-country race staged at Glentress Forest.
6.00 **LIVE Cycling: Trials World Championship** Coverage of the mixed team trials from Glasgow.
7.45 **Motocross World C'ships**
9.00 **Discovery Golf**
9.30 **EWC All Access**
10.00 **Speedway Grand Prix**
12.00 M'T **Climbing World C'ships**
1.00 AM **Cycling: Track World...**
2.00 **Formula E**
4.00 **Cycling: Track World C'ships**
5.00 **to 6.00** AM **Mountain Bike World Championships**

Sky Sports Arena

408 408 866 | 518 508 | 427 447

6.00 AM **Super League Highlights**
7.00 **Women's Super League**
7.15 **Super League Highlights**
8.00 **LIVE NPC Rugby Northland v Taranaki.** From Okara Park in New Zealand. Kick-off **8.05am**.
10.00 **Netball World Cup**
12.00 NOON **Fight Night International**
2.00 PM **Navarrete v Valdez**
2.30 **Richard Torrez Jr**
3.00 **Super League Highlights**
4.00 **Players Only: Kobe & Shaq**
5.00 **Netball World Cup**
7.00 **Navarrete v Valdez**
7.30 **Richard Torrez Jr**
8.00 **The Rugby Championship**
10.10 **Super League Gold**
10.15 **State of Origin Rugby League**
10.30 **Super League Highlights**
12.00 M'T **Navarrete v Valdez**
12.30 AM **Richard Torrez Jr**
1.00 **NBA Classic Games**
2.00 **WNBA** Basketball action.
4.00 **to 6.00** AM **Women's World Matchplay Darts**

Sky Sports F1

406 406 864 | 516 506 | 425 445

6.00 AM **The Home of F1**
11.00 **Formula 1** The Australian Grand Prix qualifying session.
1.05 PM **The Notebook**
1.35 **Formula 1** The build-up to this year's Australian Grand Prix. **3.00** Another chance to see the Australian Grand Prix, the third round of the season from Albert Park Circuit, Melbourne. **6.10** Reaction and analysis from this year's Australian Grand Prix.
7.10 **The Notebook**
7.35 **Haas Behind the Scenes**
7.55 **F1 Demystified: The Pitwall**
8.00 **Indycar** Highlights of the Big Machine Music City Grand Prix.
9.00 **Formula 1** Highlights of the Austrian Grand Prix in Spielberg.
10.00 **Indycar** Highlights of the Big Machine Music City Grand Prix.
11.00 **Formula 1** Highlights of the Austrian Grand Prix in Spielberg.
12.00 M'T **Indycar** Action from the Big Machine Music City Grand Prix.
1.00 **to 6.00** AM **The Home of F1**

Thursday

10 August

Evening Planner

Cricket

The Hundred
Sky Sport Main Event & Sky Sports Cricket, 6pm
This men's fixture sees Birmingham Phoenix playing host to the Welsh Fire.

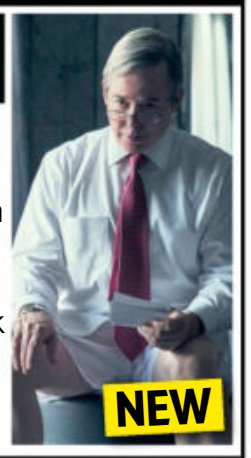
Factual

The Hidden World of Hospitality
BBC2, 8pm
Tom Kerridge learns about a floating hotel with a unique job-training scheme.

OnDemand

NETFLIX

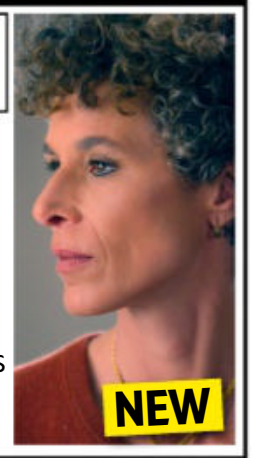
Painkiller
Available today
This six-part drama about the opioid epidemic stars Matthew Broderick as the boss of the company behind drug OxyContin.



OnDemand

itvX

The Case Against Cosby
From today
This two-parter tells the story of Andrea Constand's court case against Bill Crosby.



SKY EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES								
101 BBC1	7.00 Rip Off Britain...	7.30 EastEnders	8.00 Celebrity MasterChef		9.00 Who Do You Think You Are?		10.00 News; Local News	
102 BBC2	7.00 Mediterranean with Simon Reeve		8.00 The Hidden World of Hospitality...		9.00 Gardeners' World		10.00 No Activity	10.30 Newsnight
103 ITV1	◂ 6.30 News	7.30 Emmerdale		8.30 Dangerous... †	9.00 Code Blue: The Killing of June...		10.00 News; Local News	
104 CHANNEL 4	7.00 News		8.00 The Dog Academy		9.00 The Supervet: Noel Fitzpatrick		10.00 The Girl from Plainville	
105 CHANNEL 5	7.00 My Cornwall with Fern Britton		8.00 Puzzling with Lucy Worsley		9.00 Surgeons: A Matter of Life or Death		10.00 Casualty 24/7: Every Second Counts	
106 SKY SHOWCASE	7.00 The Simpsons		8.00 The 00s: Cinema's Greatest Decade		9.00 And Just Like That		10.00 Mission to Burnley	
ENTERTAINMENT								
115 BBC3		7.20 Film: Ghostbusters			9.00 Life and Death Row		10.00 Snowfall	
116 BBC4		7.10 Great American Railroad Journeys		8.10 Doris Day: I Don't Even Like...	9.00 Film: Pillow Talk			
118 ITV2	◂ 6.25 Film: Fantastic Beasts and Where to Find Them				9.00 Family Guy			
136 MORE4	◂ 6.55 The Dog House Australia		7.55 Grand Designs		9.00 My Floating Home		10.00 Grand Designs Australia	
135 E4	7.00 Hollyoaks	7.30 Young Sheldon	8.00 Taskmaster Bleeped		9.00 Gogglebox		10.00 Naked Attraction	
107 SKY WITNESS	7.00 Nothing to Declare		8.00 Caught on Dashcam		9.00 Blue Bloods		10.00 The Rookie	
108 SKY ATLANTIC	◂ 6.50 The Sopranos		7.55 Game of Thrones		9.00 True Detective			10.10 Winning Time: The Rise of...
110 GOLD	◂ 6.40 Dad's Army		8.00 dinnerladies	8.40 Miranda		9.20 Not Going Out	10.00 Mrs Brown's Boys	
111 DAVE	7.00 Richard Osman's House of Games			8.20 Would I Lie to You?	9.00 QI XL		10.00 Schitt's Creek	
119 ITV3	7.00 Heartbeat		8.00 Vera				10.00 Law & Order: UK	
120 ITV4	◂ 5.15 Racing: Racing League Live: Coverage from Chepstow				9.00 Film: Central Intelligence			
112 COMEDY CENTRAL	7.00 Friends				9.00 Kevin Bridges: The Story Continues		10.00 Jon Richardson: Old Man	
139 SKY SCI-FI	7.00 Star Trek: The Next Generation		8.00 Star Trek: Voyager		9.00 Film: Train to Busan Presents: Peninsula			
113 SKY MAX	7.00 Stargate Atlantis		8.00 A League of Their Own: US Road Trip...		9.00 The Blacklist		10.00 The 00s: Cinema's Greatest Decade	
109 ALIBI	7.00 Person of Interest		8.00 Death in Paradise				10.00 Father Brown	
130 SKY ARTS	7.00 The Joy of Painting		8.00 Discovering: Robert Shaw		9.00 Patrick Melrose			10.15 The Directors
132 W	7.00 MasterChef Australia			8.10 Nurses on the Ward		9.10 Emma Willis: Delivering Babies		10.10 999 Rescue Squad
DOCUMENTARY								
125 DISCOVERY	7.00 Street Outlaws		8.00 Alaska: The Last Frontier		9.00 Naked and Afraid: Last One Standing			
162 ANIMAL PLANET	7.00 Dodo Heroes		8.00 Project Grizzly				10.00 Alaskan Bush People	
129 NAT GEO	7.00 Air Crash Investigation		8.00 Last of the Giants: Wild Fish		9.00 Wicked Tuna		10.00 First Alaskans	
123 SKY HISTORY	7.00 Forged in Fire		8.00 Auction Hunters		9.00 Secret Restoration		10.00 Forged in Fire	
155 YESTERDAY	7.00 Bangers & Cash				9.00 Bangers & Cash: Restoring Classics		10.00 Bangers & Cash	
121 SKY DOCS	7.00 The Story of Late Night		8.00 The Good Fight Club		9.00 Dublin Narcos		10.00 Mission to Burnley	
FILMS – Sky Cinema								
301 PREMIERE	◂ 6.15 Assassin		8.00 Maggie Moore(s)			9.55 Babylon		
303 HITS	◂ 6.00 Ghost Rider		8.00 The Matrix: Resurrections					10.30 The Fighter
304 GREATS	◂ 5.40 Jerry Maguire		8.00 Philadelphia				10.10 Serpico	
305 ANIMATION		7.15 Happy Feet			9.05 Daisy Quokka: World's Scariest Animal			
306 FAMILY	◂ 5.50 The Karate Kid			8.15 Furry Vengeance			10.00 Ghostbusters	
307 ACTION	◂ 5.30 The Matrix Reloaded		8.00 The Matrix Revolutions					10.15 Rambo
308 COMEDY	◂ 6.20 Zoolander		8.00 Shaun of the Dead			9.45 Beverly Hills Cop II		
309 THRILLER	◂ 6.05 Eye in the Sky		8.00 Focus				10.00 No Country for Old Men	
310 DRAMA	◂ 5.50 P.S. I Love You		8.00 Letters to Juliet			9.50 Eternal Sunshine of the Spotless Mind		
311 SUMMER SCARES	◂ 6.10 The Purge: Election Year		8.00 Identity				10.00 Halloween Kills	
302 5 STAR MOVIES	◂ 6.10 The Lost King		8.00 Where the Crawdads Sing					10.20 Goodfellas
313 FILM4		7.05 Men in Black			9.00 Paul			
SPORT								
401 MAIN EVENT	◂ 6.00 The Hundred Live: Birmingham Phoenix Men v Welsh Fire Men					9.30 PGA Tour Golf – Live: The FedEx St Jude Championship		
402 PREMIER LEAGUE	7.00 The Transfer Show		8.00 PL Stories	8.30 Soccerbox	9.00 PL 100 Club	9.30 PL Stories	10.00 PL Icons	10.30 PL Retro
403 FOOTBALL	7.00 EFL Cup Highlights		8.00 SPFL Highlights	8.30 EFL Goals	9.00 Bundesliga	9.30 EFL Highlights		10.30 SPFL Highlights
404 CRICKET	◂ 6.00 The Hundred Live: Birmingham Phoenix Men v Welsh Fire Men					9.30 The Hundred		
410 TNT SPORTS 1	◂ 5.30 MLB – Live: Coverage of a Major League Baseball match				9.00 MLB Plays of...	9.30 Ligue 1 Highlights		10.30 Ligue 1 Show
411 TNT SPORTS 2	7.00 PL Stories	7.30 PL Big Interview	8.00 Ligue 1 Show	8.30 Ligue 1 – Goals of the Season		9.30 UFC Greatest...	10.00 UFC: The Ultimate Fighter	

◂ Denotes programmes starting before 7.00pm † Regions vary

THURSDAY

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Thursday

BBC1

101 101 | 101 101 | 1 101 | 101 101/106

6.00 AM **Breakfast** (S)
9.15 **Countryfile Treasures** (S)(R)
10.00 **Dom Does America** (S)(R)
10.30 **Defenders UK** (S)(R)
11.15 **Homes Under the Hammer** New edition Properties in Norfolk and the Rhondda Valley. (S)
12.15 PM **Bargain Hunt** (S)(R)(AD)
1.00 **BBC News** (S)
1.30 **Local News** (S)
1.45 **Animal Park: Summer** New edition 4/15. Ben Fogle and Kate Humble observe how the hyenas react to a shower. (S)(AD)
2.30 **Rick Stein's Cornwall** (S)(R)(AD)
3.00 **I Escaped to the Country** (S)(R)
3.45 **Make It at Market** (S)(R(AD)
4.30 **The Repair Shop** (S)(R)(AD)
5.15 **Pointless** New edition Quiz. (S)
6.00 **BBC News** (S)
6.30 **Local News** (S)

7.30 EastEnders

7 PM

7.00 **Rip Off Britain: Holidays** Planes and airlines that don't always understand the needs of disabled tourists. (S)(R)
7.30 **EastEnders** Kat supports Ben through an assessment. (S)(AD)

8 PM

8.00 **Celebrity MasterChef** New edition 5/18. Good communication is key as the four remaining celebrities face three more culinary challenges, vying for a place in the quarter-final. (S)(AD) ■ Continues tomorrow

9 PM

9.00 **Who Do You Think You Are?** *Silent Witness* actor Liz Carr traces her family history, discovering a paternal ancestor was involved in the attempted murder of a landlord in Armagh during the 1850s. (S)(R)(AD)

10 PM

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 **FILM Elizabeth: The Golden Age** Historical drama sequel starring Cate Blanchett and Clive Owen. Queen Elizabeth I must face the Spanish Armada but finds time for romance with dashing explorer Walter Raleigh. (S) (2007, 12, 105min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.25 AM **Weather for the Week Ahead**
12.30 **to 6.00** AM **BBC News** (S)

• *Alternative schedule* If BBC1 show this evening's World Cup football, the schedule will be: **1.45am LIVE Football: Women's World Cup** The opening quarter-final from Wellington Regional Stadium in New Zealand. Kick-off is at 2.00. **4.00-6.00am BBC News**

BBC2

102 102/115 802 | 102 102 | 2 102 | 102 102/106

6.30 AM **Bargain Hunt** (S)(R)
7.15 **Animal Park** (S)(R)(AD)
8.00 **Sign Zone: Electric Cars: What They Really Mean for You** (S)(R)
9.00 **Nicky Campbell** (S)
11.00 **BBC News** (S)
12.45 PM **Impossible** Game show. (S)(R)
1.30 **Mastermind** Quiz show. (S)(R)
2.00 **LIVE Cycling: World Championships** Coverage of the women's road time trial, as the annual championships continue in Glasgow. (S)
4.45 **Portillo's State Secrets** (S)(R)(AD)
5.15 **Flog It!** From Wrest Park. (S)(R)
6.00 **The Farmers' Country Showdown** Farmers compete in Lambeth Country Show. (S)(R)
6.30 Farmers head to Devon's Okehampton Show to present their pedigree cattle. (S)(R)

8.00 The Hidden World of Hospitality

7.00 **Mediterranean with Simon Reeve** 3/4. Simon travels through Libya, visiting areas of the country devastated by recent fighting, and discovers a mountain fortress in Tunisia before crossing the sea to Sicily. (S)(R)

8.00 **The Hidden World of Hospitality with Tom Kerridge** New edition 3/8. Despite a UK-wide recruitment crisis, the chef discovers how some businesses are finding clever ways to build and retain effective teams. (S)

9.00 **Gardeners' World** New edition Frances Tophill provides an update on her first garden, and shares a new structure designed especially for her plot. Adam Frost meets a kindred spirit who explains how gardening saved his life. (S)

10.00 **No Activity** Comedy following the work of two low-level detectives on a stake-out. (S1) (S)(R)
10.25 **Laugh Lessons** Comedy sketch show. (S)(R)
10.30 **Newsnight** (S)
11.10 **Weather** (S)
11.15 **Golf: The Women's Open** Highlights of the opening day's play of the Major championship from Walton Heath in Surrey. (S)
12.15 AM **The Hidden World of Hospitality with Tom Kerridge** As shown at 8.00pm. (S)(R)(AD)
1.15 **Sign Zone: Garden Rescue** (S)(R)
2.00 **Sign Zone: Clean It, Fix It** (S)(R)
2.45 **Sign Zone: Celebrity MasterChef** Double bill of editions. (S)(R)
4.15 **to 6.30** AM **Previews** (S)

ITV1

103 103/176 803 | 103/113 | 3 103 | 103 111

6.00 AM **Good Morning Britain** (S)
9.00 **Lorraine** (S)
10.00 **This Morning** Celebrity chat and lifestyle features. (S)
12.30 PM **Loose Women** The women put the world to rights. (S)
1.30 **ITV News** (S)
1.55 **Local News** (S)
2.00 **James Martin's Islands to Highlands** The chef explores the culinary delights of Yorkshire with Brian Turner, before they go clay-pigeon shooting. (S)(R)(AD)
3.00 **Lingo** Words-based quiz show hosted by Adil Ray. (S)(R)
4.00 **Tipping Point** Game show hosted by Ben Shephard. (S)(R)
5.00 **The Chase** Quiz show hosted by Bradley Walsh. (S)(R)
6.00 **Local News** (S)
6.30 **ITV News** (S)

9.00 Code Blue

7.30 **Emmerdale** Laurel is left terrified, Dan and Amelia set off after saying their veiled goodbyes, while it remains to be seen whether Nate will find a way out of his dodgy double dealing. (S)(AD)

8.30 **Tonight: Dangerous Dogs – What's the Truth?** New edition Charlotte Hawkins reports on what is being done to tackle Britain's dangerous dogs. (S)

9.00 **Code Blue: The Killing of June Fox-Roberts** Series finale 2/2. Detectives have arrested a 25-year-old art student who was previously reported missing but is now refusing to talk. (S)(AD)

10.00 **ITV News** (S)
10.30 **Local News** (S)
10.45 **Heathrow: Britain's Busiest Airport** A pilot requires police help with a passenger. (S)(R)(AD)
11.45 **Wrestling: AEW Rampage** (S)(R)
12.40 AM **The Masked Singer** (S)(R)
1.50 **Winning Combination** (S)(R)
2.45 **ITV Football Classics** (S)(SL)(R)
4.05 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Oti Mabuse's Breakfast Show** (S)(SL)(R)

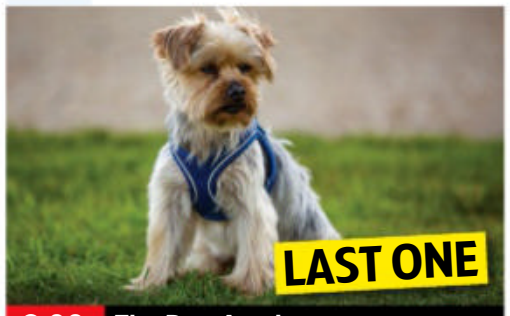
• *Alternative schedule* If ITV1 show this evening's World Cup football, the schedule will be: **11.35pm Wrestling: AEW Rampage 12.30am The Masked Singer 1.50 LIVE Football: Women's World Cup** The opening quarter-final. **4.05-5.05am Unwind with ITV**

+1 hour | 203 | 303 | 35 | 112

CHANNEL 4

104 104/108 804 | 104/108 | 4 104 | 104/106

6.15 AM **Countdown** (S)(R)
6.55 **Cheers** 10&11/22. (S1) (S)(R)
7.50 **Everybody Loves Raymond** (S)(R)
8.40 **Frasier** 10&11/24. (S7) (S)(R)
9.40 **The Big Bang Theory** (S)(R)(AD)
10.35 **The Simpsons** (S)(R)(AD)
11.35 **News** (S)
11.40 **Four in a Bed** (S)(R)
2.10 PM **Countdown** New edition (S)
3.00 **A Place in the Sun** (S)(R)
4.00 **A New Life in the Sun: Where Are They Now?** (S)(R)
5.00 **Sun, Sea and Selling Houses** A former estate agent looks for a spacious villa in Almería. (S)(R)
6.00 **The Simpsons** *Separate Vocations:* Bart's career aptitude tests suggest that he should become a police officer. (S)(R)(AD)
6.30 **Hollyoaks** Goldie receives some upsetting news. (S)(AD)



8.00 The Dog Academy

7.00 **News** (S)

8.00 **The Dog Academy** Series finale 8/8. Yorkshire terrier Marley exhibits an extreme case of separation anxiety, while toy poodle Daisy gets angry with anyone who tries to groom her. (S)(AD)

9.00 **The Supervet: Noel Fitzpatrick** New edition A Labrador puppy is rushed in after being struck by a car, while a four-year-old bull mastiff is referred to Noel with a suspicious and painful lump near its ankle. (S)(AD)

10.00 **The Girl from Plainville** New episode *Talking is Healing:* 6/8. Michelle finds help for her eating disorder, while Coco dives deeper into his depression. The trial begins and a new Michelle emerges. (S1) (S)(AD)
11.05 **24 Hours in A&E** (S)(R)(AD)
12.05 AM **Sky Coppers** (S)(R)(AD)
1.00 **FILM Assassination Nation** Comedy thriller starring Odessa Young and Suki Waterhouse. (S) (2018, 18, 105min) ★★★★
2.45 **Becoming Elizabeth** (S)(R)(AD)
3.45 **Great Big Tiny Design Challenge with Sandi Toksvig** (S)(R)(AD)
4.40 **Undercover Boss Australia** (S)(R)
5.30 **Beat the Chef** (S)(R)
5.55 **to 6.15** AM **Find It, Fix It, Flog It**

+1 hour | 204/208 | 304 | 15 | 121

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

CHANNEL 5

105 105 805 | 105 | 5 105 | 105 105

5.35 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.15 **Storm Huntley** (S)
12.40 PM **Alexis Conran** (S)
1.40 **News** (S)
1.45 **Home and Away** (S)(R)(AD)
2.15 NEW TO C5 **An Aurora Teagarden Mystery: Honeymoon, Honeymurder** Crime drama. *Previously shown on Movies 24.* (S)
4.00 **Bargain-Loving Brits in the Sun** Hostel owners Sam and Rich prepare for the arrival of a coachload of guests. (S)(R)
5.00 **News** (S)
6.00 **Eggheads** Good Time Games take on the quizzers. (S)(R) **6.30** The Strangers pit their wits against the experts. (S)(R)
6.55 **News** (S)

9.00 Surgeons

7.00 **My Cornwall with Fern Britton** 2/2. Fern explores the pagan roots that may explain why Cornwall is awash with tales of the supernatural. (S)(R)
7.55 **News** (S)
8.00 **Puzzling with Lucy Worsley** New edition Contestants from Edinburgh, Coulsdon, Poole, Tenbury Wells, London and Sheffield take on five rounds of puzzles. (S)
9.00 **Surgeons: A Matter of Life or Death** New edition 4/6. Cameras focus on a woman who has an incurable brain tumour. To extend her life, she needs it removed but the very risky procedure may kill her. (S)
10.00 **Casualty 24/7: Every Second Counts** 2/9. Doctors treat a young girl with dangerously low blood-sugar levels, while a former merchant navy man is rushed in with heart and breathing problems. (S)(R)
11.05 **Skin A&E** (S)(R)
12.05 AM **Coastguard: Search & Rescue SOS** (S)(R)
1.00 **Teleshopping** (S)
3.00 **Red Arrows: Kings of the Sky** 5/6. Documentary. (S)(R)
3.50 **Tribal Teens** (S)(SL)(R)
4.35 **Wildlife SOS** (S)(SL)(R)
5.05 **House Doctor** (S)(SL)(R)
5.30 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 | 305 | 38 | 128

SKY SHOWCASE

106 106 806 | 109 | 340 355

6.00 AM **The Early Rundown**
7.00 **Kay Burley**
8.00 **Monkey Life** (S)(R)
9.00 **Nothing to Declare** (S)(R)
10.00 **The Flash** 23/23. (S3) (S)(R)
11.00 **NCIS: New Orleans** (S7) (S)(R)
1.00 PM **Hawaii Five-0** (S7) (S)(R)
2.00 **MacGyver** 9/15. (S5) (S)(R)
3.00 **The Equalizer** (S3) (S)(R)(AD)
4.00 **A League of Their Own** With Jimmy Carr. (S)(R)(AD)
5.00 **The Simpsons** (S)(R)
5.30 **American Auto** 1/13. A crisis manager helps to combat negative publicity. (S)(R) **6.00** 2/13. Ian and Sadie attempt to rehabilitate Katherine's image. (S2) (S)(R)
6.30 **The Simpsons** *The Sweetest Apu:* Apu's wife kicks him out for having an affair. (S)(R)

9.00 And Just Like That...

7.00 **The Simpsons** *Little Girl in the Big Ten:* Bart catches a highly contagious virus and has to live in a plastic bubble. (S)(R) **7.30** *The Frying Game:* Homer and Marge befriend an old woman. (S)(R)
8.00 **The 00s: Cinema's Greatest Decade** Alex Zane examines the merits of movies released in the 2000s. (S)(R)(AD)
9.00 **And Just Like That...** New episode *There Goes the Neighbourhood:* 9/11. *Sex and the City* revival catching up with the lives of Carrie, Charlotte and Miranda. Stars Sarah Jessica Parker, Kristin Davis and Cynthia Nixon. (S2)
10.00 NEW SERIES **Mission to Burnley** 1/4. Documentary telling the story of dramatic rebirth of Burnley FC under the ownership of a charismatic group of US investors.
11.00 **Magnum P.I.** 7/20. Thomas and Higgins investigate the robbery of an elderly man. (S5) (S)(R)
12.00 M'T **Then You Run** 5/8. Ruth and Nessi seek out a police station to confess. (S1) (S)(R)
1.00 AM **Road Wars** (S)(R)
2.00 **Caught on Dashcam** (S)(R)
3.00 **Hawaii Five-0** (S7) (S)(R)
4.00 **MacGyver** 9/15. (S5) (S)(R)
5.00 **to 6.00** AM **The Early Rundown**

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky **964**, Virgin **862**, Freesat **964**
7.00-7.30pm River City (S)(R)(AD)

N. IRELAND
Sky **966**, Virgin **863**, Freesat **966**
10.40pm The Paddy Raff Show (S)(R) **11.10** FILM Elizabeth: The Golden Age: Historical drama. (S) (2007, 12, 105min) ★★★ **12.55-6.00am** BBC News (S)

WALES
Sky **965**, Virgin **864**, Freesat **965**
7.00-7.30pm NEW Eisteddfod (S) **9.00-10.00** Slammed: The Seventies (S)(R) **10.40** Dark Land: Hunting the Killers (S)(R) **11.20** FILM Elizabeth: The Golden Age: Historical drama. (S) (2007, 12, 105min) ★★★ **1.05-6.00am** BBC News (S)

BBC2

N. IRELAND
Sky **969**, Freesat **969**
No variations

WALES
Sky **968**, Freesat **968**
No variations

ITV1

No variations

S4C

Sky **134**, Virgin **164**, Freesat **120**
6.00am Cyw **10.00** LIVE Eisteddfod Genedlaethol Cymru **12.00noon** Newyddion S4C a'r Tywydd **12.05pm** LIVE Eisteddfod Genedlaethol Cymru **2.00** Newyddion S4C a'r Tywydd **2.05** LIVE Eisteddfod Genedlaethol Cymru **4.00** LIVE Eisteddfod Genedlaethol Cymru **6.15** Ffilmiau Ddoe **6.20** Ffilmiau Ddoe **6.30** Pen/Campwyr **6.57** Newyddion S4C **7.00** Heno o'Steddfod New edition **7.30** Newyddion S4C a'r Tywydd **8.00** Eisteddfod Genedlaethol Cymru New edition **9.25** Newyddion S4C a'r Tywydd **9.30** Pawb a'i Farn New edition **10.30** Y Babell Lên New edition **11.30pm-1.00am** Eisteddfod Genedlaethol Cymru

TV&Satellite week Best for Sky and Virgin

BBC3

115/117/121 | 107/157 | 23 107 | 179 | 107

BBC3 programmes start at 7.00pm

7.00 PM **Becoming – The Batman** Robert Pattinson talks about taking on the comic-book role.
7.15 **The Catch Up**
7.20 FILM **Ghostbusters** Blockbuster spooky comedy starring Bill Murray, Dan Aykroyd and Sigourney Weaver. A trio of New York university parapsychologists go into business as ghost exterminators. (1984, 12, 105min) ★★★★
9.00 **Life and Death Row** 1/3. Documentary looking at capital punishment through the eyes of young people.
10.00 **Snowfall** New episode *Sacrifice:* 9/10. Franklin and Teddy try to strike a bargain. **10.50** Series finale *Sins of the Father:* 10/10. Franklin tries desperately to prevent things falling apart. (S6)
11.55 **Life and Death Row**
12.55 AM **Dreaming Whilst Black**
1.45 **Lazy Susan**
2.00 **Go Hard or Go Home**
3.00 **to 4.00** AM **Sky High Club: Scotland and Beyond**

BBC4

116 116 | 107/108 | 9/24 106 | 108

BBC4 programmes start at 7.00pm

7.00 PM **The Owls and the Orchard** A year in the life of two owls in Herefordshire.
7.10 **Great American Railroad Journeys** Michael Portillo reaches Colorado.
8.10 **Doris Day: I Don't Even Like Apple Pie** Doris Day looks back over her acting and singing career.
9.00 FILM **Pillow Talk** Vintage romantic comedy starring Rock Hudson and Doris Day. An interior decorator and a playboy songwriter enjoy a love-hate relationship when they share a phone line. (1959, PG, 100min) ★★★★
10.40 FILM **Top Hat** Vintage musical starring Fred Astaire and Ginger Rogers. Two dancers fall head over heels in love, but their romance is complicated by a case of mistaken identity. (1935, b/w, U, 101min) ★★★★★
12.15 AM **The RKO Story: Tales from Hollywood**
2.20 **to 3.20** AM **Great American Railroad Journeys**

MORE4

136/137 831 | 147 | 18 | 124

8.55 AM **Kirstie's House of Craft** Holiday snow globes.
9.15 **A Place in the Sun**
10.05 **A New Life in the Sun: Road Trip** Documentary.
11.05 **Find It, Fix It, Flog It**
1.10 PM **Heir Hunters**
3.10 **Four in a Bed**
5.50 **The Secret Life of the Zoo** Chimpanzee Dylan faces a leadership challenge.
6.55 **The Dog House Australia** New edition Jason falls for a husky named Lara but the feeling might not be mutual.
7.55 **Grand Designs** A project to build a giant cathedral-like property modelled on Dutch barn-style houses.
9.00 **My Floating Home** New edition Charting the exploits of retired couple Pat and Sue, who plan to buy their very last floating home which they hope to keep moored on the Thames.
10.00 **Grand Designs Australia** New edition Following a couple who are building a home in a derelict factory in Sydney's suburban south.
11.05 **Sex Actually with Alice Levine** 2/3. Relationships with multiple partners.
12.10 AM **24 Hours in A&E**
1.15 **999: On the Front Line – Paramedic Abuse**
2.20 **Sex Actually with Alice Levine** As 11.05pm.
3.25 **to 3.50** AM **Food Unwrapped**

+1 hour 236/237 | 347 | 125

E4

135/136 830 | 106 | 13 | 122

6.00 AM **Hollyoaks**
7.00 **Ramsay's Kitchen Nightmares USA**
9.00 **Young Sheldon**
10.00 **Brooklyn Nine-Nine**
11.00 **Modern Family**
12.00 NOON **The Big Bang Theory** (S10&7)
2.00 PM **The Neighborhood**
3.00 **Modern Family**
4.00 **Young Sheldon**
5.00 **The Big Bang Theory**
7.00 **Hollyoaks** Mercedes receives a shocking call .
7.30 **Young Sheldon** 4/22. The youngster discovers his first comic book. (S1)
8.00 **Taskmaster Bleeped** Dara Ó Briain shows off a fabulous flair for folding, and Fern Brady complains about being forced to tidy up.
9.00 **Gogglebox** The armchair critics share their opinions on *Heartstopper*, *Made in Chelsea* and *The Circle*.
10.00 **Naked Attraction** A married couple who are looking for another woman to join their relationship.
11.05 **Gogglebox** Opinions on *The Crown* and *First Dates*.
12.05 AM **First Dates**
1.10 **Rick and Morty**
1.40 **Teenage Euthanasia** New episode (S2)
2.10 **Gogglebox**
3.05 **The Big Bang Theory**
3.55 **Brooklyn Nine-Nine**
4.45 **to 6.00** AM **Black-ish**

+1 hour 235/236 | 306 | 30 | 123

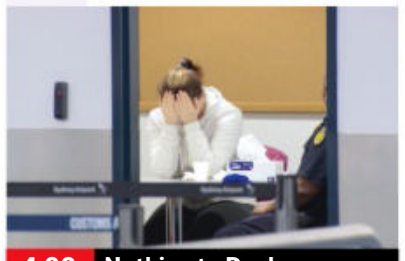
THURSDAY Entertainment

Thursday

Sky Witness

107 107 807 110 341 356

6.00 AM **Air Ambulance ER**
7.00 **Border Security: Canada's Front Line** Double bill.
8.00 **Border Patrol**
10.00 **Stop, Search, Seize**
11.00 **The Rookie** 14/22. (S4)
12.00 NOON **FBI: Most Wanted** (S1)
1.00 PM **FBI: International** (S1)
2.00 **Blue Bloods** 8/16. Erin feels the pressure when her boss shadows her at work. (S11)
3.00 **The Equalizer** 6/18. McCall becomes a suspect in a killing spree. (S3)
4.00 **Nothing to Declare**


4.00 Nothing to Declare

7 PM

7.00 **Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.

8 PM

8.00 **Caught on Dashcam** Road disasters captured on video by drivers' dashboard cameras

9 PM

9.00 **Blue Bloods** *For Whom the Bell Tolls:* 9/16. Baez turns to Danny for help when she finds a corpse in her front yard. (S11)

10 PM

10.00 **The Rookie** *The Roundup:* 5/20. Training officers and rookies are pitted against each other in a competition. (S1)
11.00 **Departure** 2/6. (S3)
12.00 M'T **The Equalizer** 5/18. (S3)
1.00 AM **9-1-1** 1/18. (S5)
2.00 AM **Bull** 2/22. (S3)
3.00 **Chicago Fire** 3/22. (S10)
4.00 **Stop, Search, Seize**
5.00 **to 6.00** AM **Air Ambulance ER**

+1 hour 207 310

Sky Atlantic

108/109 108/109 808 342 357

6.00 AM **Urban Secrets**
7.55 **Boardwalk Empire** (S3)
10.05 **The Sopranos** (S6)
12.15 PM **Game of Thrones** (S2)
1.20 **Britannia** (S2&3)
3.30 **Boardwalk Empire** 5/12. Rosetti pays the price for interfering with Rothstein's liquor shipments. **4.40** 6/12. Gillian begins a feud with Lucky Luciano. (S3)
5.45 **The Sopranos** 14/21. Johnny Sack deals with bad news. **6.50** 15/21. Tony leaves town to avoid the FBI. (S6)

7.55 Game of Thrones

7.55 **Game of Thrones** *The Night Lands:* 2/10. Theon is reunited with his father on the Iron Islands, and Stannis makes plans for a naval invasion. (S2)

9.00 **True Detective** *The Secret Fate of All Life:* 5/8. Hart and Cohle make a shocking discovery after tracking Reggie Ledoux's cousin Dewall. (S1)
10.10 **Winning Time: The Rise of the Lakers Dynasty** *One Ring Don't Make a Dynasty:* 1/7. (S2)
11.30 **Billions** 6&7/12. (S4)
1.45 AM **Domina** 3/8. Livia finds herself married to Gaius and pregnant again. (S1)
2.50 **Game of Thrones** 2/10. (S2)
4.00 **Urban Secrets**
5.00 **to 6.00** AM NEW SERIES **Billions** 1/12. Drama. (S7)

+1 hour 208/209

Sky Max

113/114 113/114 111 346 361

6.00 AM **Stargate Atlantis** (S3)
8.00 **Supergirl** 18/23. (S3)
9.00 **DC's Legends of Tomorrow**
10.00 **The Flash** 23/23. (S3)
11.00 **NCIS: New Orleans** (S7)
1.00 PM **Hawaii Five-0** (S7)
2.00 **MacGyver** 9/15. (S5)
3.00 **DC's Legends of Tomorrow**
4.00 **Supergirl** 19/23. (S3)
5.00 **The Flash** 23/23. Barry takes on Savitar. (S3)
6.00 **Stargate Atlantis** 7/20. Sheppard is forced to team up with a lone Wraith. (S3)

5.00 The Flash

7.00 **Stargate Atlantis** *McKay and Mrs Miller:* 8/20. McKay's sister agrees to help the team on a top-secret project. (S3)

8.00 **A League of Their Own: US Road Trip 2.0** 2/7. James, Jamie, Jack and Andrew perform with the LA Rams cheerleaders.

9.00 **The Blacklist** *The Freelancer (No145): Part Two:* 7/22. The return of the Freelancer unveils a conspiracy. (S10)

10.00 **The 00s: Cinema's Greatest Decade** Alex Zane examines the merits of films from the 2000s.
11.00 **Magnum P.I.** 7/20. Thomas and Higgins investigate the robbery of an elderly man who has Alzheimer's. (S5)
12.00 M'T **Then You Run** 5/8. (S1)
1.00 AM **Warrior** 5&6/10. (S2)
3.00 **Hawaii Five-0** 25/25. (S7)
4.00 **MacGyver** 9/15. (S5)
5.00 **to 6.00** AM **Motorbike Cops**

ITV2

118 118 816 115 6 113

6.00 AM **World's Funniest Videos**
6.35 **Guinness World Records**
7.00 **Dress to Impress**
8.00 **One Tree Hill** 22/22. (S7)
9.00 **Dawson's Creek** 3/23. (S4)
10.00 **Secret Crush**
11.00 **Dress to Impress**
12.00 NOON **Dinner Date**
1.00 PM **Family Fortunes**
2.00 **Chuck** 9/13. (S5)
3.05 **One Tree Hill** 1/22. (S8)
4.00 **Dawson's Creek** 4/23. (S4)
4.55 **Dinner Date**
5.55 **In for a Penny**

6.25 Fantastic Beasts and...

6.25 FILM **Fantastic Beasts and Where to Find Them** *Harry Potter* prequel starring Eddie Redmayne. A wizarding Brit arrives in 1920s New York with a bagful of magical creatures that cause chaos. (2016, 12, 133min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **Family Guy** 13/21. Chris meets a puppeteer with a dark past. **9.30** 14/21. Meg offers to look after Joe. (S9)

10.00 **Family Guy** 15/21. Chris works at the brewery. **10.30** 4/21. Peter discovers Lois's father is having an affair. (S9)
11.00 **Family Guy** 5/21. Peter and Joe play Halloween pranks on their neighbours. (S9)
11.30 **American Dad!** (S10)
12.30 AM **Iain Stirling's CelebAbility**
1.15 **Don't Hate the Playaz**
2.00 **to 3.00** AM **Celebrity Karaoke Club**

+1 hour 218 315 29 114

ITV3

119 119 817 117 10 115

6.00 AM **Classic Emmerdale**
7.00 **Classic Coronation Street**
8.05 **Never the Twain**
9.15 **The Royal** Double bill.
11.35 **Heartbeat**
1.45 PM **Classic Emmerdale**
2.45 **Classic Coronation Street**
3.50 **A Touch of Frost** *Deep Waters:* A student is attacked on campus, and Jack takes time off from questioning two robbery suspects.
6.00 **Heartbeat** *In Sickness and in Health:* Merton makes a life-changing decision.

6.00 Heartbeat

7.00 **Heartbeat** *In the Bleak Midwinter:* Festive special, guest starring veteran singer Alan Price as the leader of a jazz band.

8.00 **Vera** *The Sea Glass:* The detective investigates the murder of a fisherman whose body was found tangled up in a trawler's net, and who may have been killed as part of a family feud.

10.00 **Law & Order: UK** *Tracks:* 1/6. A suicidal man causes a train crash when he drives onto a railway crossing. (S7)
11.00 **Unforgotten** 4/6. (S2)
12.05 AM **The Royal** *These Foolish Things:* Ormerod and Ellis launch a daring cliff rescue. **1.10** *Any Old Iron:* Nurse Susie's negligence puts Mrs Middleditch's life at risk.
2.10 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 59 116

BBC Scotland

SCOT 115 108 9 106 106
REST OF UK 187 162 110

12.00 NOON **This Is BBC Scotland**
3.00 PM LIVE **Cycling: World Championships** Coverage of day eight.
3.45 **This Is BBC Scotland**
4.20 LIVE **Cycling: World Championships** Further day eight coverage.
5.50 **This Is BBC Scotland**
7.00 **Josh Quigley: Cycling Saved My Life** How cycling helped a suicidal man turn his life around.
7.30 **The Great Food Guys**
8.00 **Beechgrove Garden** New edition How to prune a rambling rose.
8.30 **Designing the Hebrides**
9.00 **The Nine**
10.00 NEW SERIES **Edinburgh Unlocked** 1/4. Mark Nelson presents a selection of the best of the Festival Fringe.
10.30 NEW **Football Pass**
11.00 **Scot Squad** 2/6. (S5)
11.30 PM **to 12.00** M'T **Mirror Mirror**

Sky Comedy

114/115 112 347 362

8.00 AM **And Just Like That...** New episode 9/11. (S2)
9.00 **Sort Of** 2&3/8. (S2)
10.00 **The Conners** (S2)
11.00 **Bloods** 10/10. (S2)
11.30 **Veep** 2&3/10. (S3)
12.50 PM **How to Make It in America** 8/8. (S1)
1.30 **Entourage** (S2)
2.30 **Fresh Prince of Bel Air**
3.30 **The Conners** (S2)
4.30 **Sort Of** 4&5/8. (S2)
5.30 **American Auto** (S1)
6.00 **Will & Grace** (S8)
7.00 **Fresh Prince of Bel Air**
8.00 **The Office (US)** 5/25. Dwight takes Ryan out. **8.30** 6/25. Michael encourages everyone to celebrate Diwali. (S3)
9.00 **And Just Like That...** New episode 9/11. *Sex and the City* revival. (S2)
10.00 **Sex and the City** (S2)
11.15 **Hung** 4&5/10. (S2)
12.25 AM **2 Dope Queens**
1.30 **Vice Principals** (S2)
2.40 **Sort Of** 6&7/8. (S1)
3.40 **to 5.00** AM **Veep**

Sky Arts

130/131 140 123 11 147 365

6.00 AM **Andre Rieu: World Tour**
7.00 **Reinventing the Orchestra**
8.00 **Watercolour Challenge**
9.00 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **Discovering: Laurence Harvey**
12.00 NOON **Joy of Painting**
1.00 PM **Tales of the...**
2.00 **Watercolour Challenge**
3.00 **The Art of the Garden**
4.00 **Discovering: Donald Sutherland**
5.00 **Tales of the Unexpected**
6.00 **Hitchcock Presents**
7.00 **Joy of Painting**
8.00 **Discovering: Robert Shaw**
9.00 **Patrick Melrose** (S1)
10.15 **The Directors**
11.15 **The Seventies**
12.15 AM **Greatest Albums Live** Peter Frampton.
2.00 **The Great Songwriters**
3.00 **A Play in a Day**
4.00 **Landmark**
5.00 **to 6.00** AM **Auction**

Pick

151 135 36 144

7.00 AM **Border Security: America's Front Line**
8.00 **Nothing to Declare**
9.00 **Motorway Patrol**
10.00 **Highway Cops**
11.00 **Highway Patrol**
12.00 NOON **Motorway Patrol**
1.00 PM **Border Patrol**
2.00 **Border Security: America's Front Line**
3.00 **Nothing to Declare**
4.00 **Warehouse 13** (S3)
5.00 **Quantum Leap** (S1)
6.00 **Merlin** 6/13. (S2)
7.00 **Star Trek: Voyager** (S6)
8.00 **NCIS: New Orleans** (S7)
9.00 **Prodigal Son** (S1)
10.00 **Grimm** 9/13. (S6)
11.00 **Snapped** The murder of a young father-to-be.
12.00 M'T **Murders That Shocked the Nation**
1.00 AM **The Force: North East** Documentary.
2.00 **UK Border Force**
3.00 **Highway Patrol**
4.00 **Motorway Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Be

131/132 119 28 119

7.00 AM **Sam and Billie: The Mummy Diaries**
8.00 **Buying and Selling**
9.00 **LittleBe**
12.00 NOON **Sugar Showdown**
12.25 PM **Real Housewives of Beverly Hills**
1.20 **Sam and Billie: The Mummy Diaries**
2.20 **The Only Way Is Essex**
3.05 **Dinner Date**
4.05 **The Real Housewives of Atlanta** Reality series.
5.00 **The Real Housewives of Orange County**
6.00 **Masters of Flip**
7.00 **Buying and Selling**
8.00 **Jane the Virgin** New episode 5/17. (S4)
9.00 **Totally Unbelievable: Celebrity Holiday Hotspots** Documentary.
10.00 **Love Island USA** New edition Reality show.
11.05 **Ready to Mingle**
12.10 AM **Only Way Is Essex**
12.50 **to 1.00** AM **Unwind**

+1 hour 319 58

GREAT! tv

157 170 50 142

6.00 AM **Sue Thomas: F.B.Eye** 6&7/19. (S2)
8.00 **Highway to Heaven**
9.00 **Danielle Steel's Palomino** Drama.
11.00 **Castle** 23&24/24. (S3)
1.00 PM **Sue Thomas: F.B.Eye** 16&14/19. (S2)
3.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
7.00 **M*A*S*H** (S5)
9.00 **Randall and Hopkirk (Deceased)** *When Did You Start to Stop Seeing Things?* 10/26. Jeff loses the ability to see Marty. (S1)
10.00 **The Persuaders!** *Powerswitch:* 5/24. Danny and Brett track a murderer. (S1)
11.00 **Return of the Saint**
12.00 M'T **M*A*S*H** (S5)
2.00 AM **Randall and Hopkirk (Deceased)**
3.00 **The Persuaders!** (S1)
3.50 **to 4.00** AM **Great! Movie News Extra**

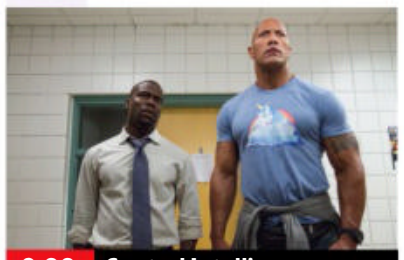
+1 hour 257 62 143

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 120 818 118 26 117

6.00 AM **Great Racehorses**
6.25 **Minder**
7.25 **The Sweeney**
8.25 **The Champions**
9.30 **Robin of Sherwood**
10.30 **Magnum, PI**
11.30 **Extreme Salvage Squad**
12.30 PM **The Champions**
1.35 **Robin of Sherwood**
2.45 **Magnum, PI**
3.50 **The Sweeney**
4.55 **World of Sport**
5.15 LIVE **Racing League** Coverage from Chepstow.


9.00 Central Intelligence

LIVE Racing League (started at 5.15pm)

8.45 **The Best of the 90s** Sports covered by ITV during the 1990s, including Italia '90.

9.00 FILM **Central Intelligence** Action comedy starring Dwayne Johnson. A rogue CIA agent turns to an old classmate for help when he is targeted by his own organisation. (2016, 12, 107min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.15 FILM **The Other Guys** Farcical action crime comedy starring Will Ferrell, Mark Wahlberg, Eva Mendes and Michael Keaton. (2010, 12, 103min) ★★★★
1.25 AM **Minder**
2.30 **to 3.00** AM **The Protectors**

+1 hour 220 318 60 118

Sky Sci-Fi

139/140 836 122 348 363

6.00 AM **Merlin** 1/13. (S3)
7.00 **The Outpost** 3/13. (S4)
8.00 **Teleshopping**
11.00 **Pandora** 7/10. (S2)
12.00 NOON **Star Trek: The Next Generation** 14&15/26. (S3)
2.00 PM **Merlin** 1/13. (S3)
3.00 **Pandora** 7/10. (S2)
4.00 **Stargate SG-1** 4/22. (S1)
5.00 **Stargate Atlantis** 3/20. Teyla and Sheppard are taken captive by an ex-soldier. (S2)
6.00 **Star Trek: The Next Generation** 14/26. Riker is accused of murder. (S3)

9.00 Train to Busan Presents...

7.00 **Star Trek: The Next Generation** *Yesterday's Enterprise:* 15/26. The *Enterprise* encounters a temporal rift. (S3)

8.00 **Star Trek: Voyager** *Survival Instinct:* 2/26. Seven is bombarded with flashbacks of her existence as a Borg. (S6)

9.00 FILM **Train to Busan Presents: Peninsula** South Korean thriller starring Gang Dong-won. Four years after the outbreak, military man Jung-seok undertakes a mission in the middle of Seoul. Subtitled. (2020, 15, 116min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.25 **From** 5/10. Victor and Jade strike an unlikely bargain. **12.25** AM 6/10. Tensions run high at Colony House when word of the coming food shortage leaks. (S2)
1.25 **Star Trek: Voyager** (S6)
2.20 **Stargate Atlantis** (S2)
4.10 **to 6.00** AM **Star Trek: The Next Generation**

Alibi

109/110 809 114 343 358

7.15 AM **Murdoch Mysteries** (S11)
9.00 **Deception** 6/13. (S1)
10.00 **Hudson & Rex** 11/16. (S1)
11.00 **Without a Trace** 15/23. (S1)
12.00 NOON **The Doctor Blake Mysteries** 1/8. (S3)
1.00 PM **Death in Paradise** (S1)
2.00 **Murdoch Mysteries** (S11)
4.00 **Deception** 6/13. (S1)
5.00 **Hudson & Rex** 11/16. An activist is killed. (S1)
6.00 **Without a Trace** 15/23. A bride disappears at her wedding, leading to suspicions of kidnapping. (S1)

12.00 Doctor Blake Mysteries

7.00 **Person of Interest** *Mors Praematura:* 6/23. The Machine has a special mission for Root and Shaw. (S3)

8.00 **Death in Paradise** *Predicting Murder:* 3/8. A voodoo priestess who predicted her own murder is found dead.

9.00 **Death in Paradise** *Missing a Body?* 4/8. A holiday maker confesses to shooting dead her husband. (S1)

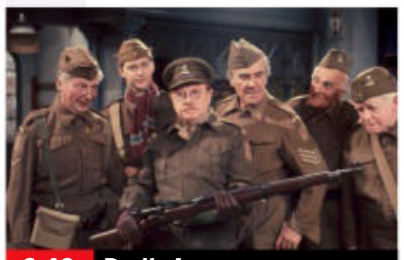
10.00 **Father Brown** *The Hand of Lucia:* After a local writer is murdered, Father Brown delves into her novel for clues.
11.00 **Person of Interest** As 7pm.
12.00 M'T **Hudson & Rex** As 5pm.
1.00 AM **Deception** 6/13. When Cameron's ex-girlfriend is robbed, he insists on helping Kay with the investigation. (S1)
2.00 **Murdoch Mysteries** (S11)
2.55 **to 4.00** AM **Limetown**

+1 hour 209/210 314

GOLD

110/111 110/111 124 344 359

7.25 AM **Highlights**
9.20 **Are You Being Served?**
10.00 **Still Open All Hours**
10.40 **Last of the Summer Wine**
12.00 NOON **Keeping Up...**
12.40 PM **2point4 Children**
1.20 **Dad's Army**
2.00 **Still Open All Hours**
2.40 **Are You Being Served?**
3.20 **Last of the Summer Wine**
4.40 **Keeping Up Appearances**
5.20 **Are You Being Served?**
6.00 **The Good Life**
6.40 **Dad's Army**


6.40 Dad's Army

7.20 **Dad's Army** Mainwaring and his bumbling platoon guard a vital telephone line through the night.

8.00 **dinnerladies** Bren frets over a new DIY table-clearing initiative.
8.40 **Miranda** Miranda books herself into a hotel across the road.

9.20 **Not Going Out** The friends plan a party for Lucy's 30th birthday. Guest stars Timothy West.

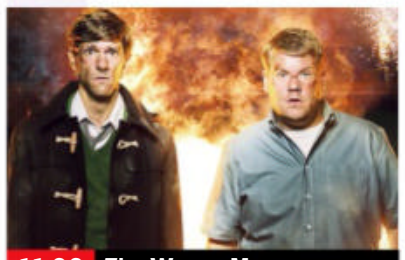
10.00 **Mrs Brown's Boys** Dermot gets cold feet in the run-up to his wedding.
10.40 **Not Going Out** Lee attempts to impress Lucy.
11.20 **dinnerladies** As 8pm.
12.00 M'T **Not Going Out**
12.40 AM **The Fast Show** First episode of the sketch show.
1.20 **Mrs Brown's Boys**
2.00 **Not Going Out**
2.45 **Inside No 9**
3.15 **to 4.00** AM **The Fast Show**

+1 hour 210/211 324

Dave

111/112 127 19 157

7.10 AM **Yianni: Supercar Customiser** Double bill.
8.00 **Top Gear** With Rupert Grint.
9.00 **The Force: Behind the Line**
10.00 **Outback Pilots**
11.00 **Rick Stein's India**
12.00 NOON **Ultimate Movers**
1.00 PM **Cop Car Workshop**
2.00 **Top Gear** Double bill.
4.00 **Richard Osman's House of Games** With Michael Buerk.
4.40 **Room 101** With Sara Pascoe.
5.20 **Would I Lie to You?**
6.00 **Taskmaster** With Aisling Bea.


11.00 The Wrong Mans

7.00 **Richard Osman's House of Games** With YolanDa Brown and John Thomson. **7.40** Nish Kumar, Clara Amfo, Anneka Rice and Al Murray test their skills.

8.20 **Would I Lie to You?** With guests Jimmy Carr, Marcus Brigstocke, Terry Christian and Jamelia.

9.00 **QI XL** Sue Perkins, Reginald D Hunter and Jimmy Carr join regular panellist Alan Davies and host Stephen Fry.

10.00 **Schitt's Creek** 11/13. Johnny tries to stop the spread of lice. **10.30** 12/13. David hosts a 'soft launch' of his new store. (S3)
11.00 **The Wrong Mans** Double bill of the comedy thriller.
12.20 AM **Mock the Week**
1.40 **Would I Lie to You?**
3.00 **Richard Osman's House of Games** With Sally Phillips.
3.30 **to 4.00** AM **This Country**

+1 hour 211 327 57

Thursday

7 PM 8 PM 9 PM 10 PM

4seven

137/138 143 49 127

9.00 AM **Come Dine with Me**
11.30 **A New Life in the Sun: Where Are They Now?**
12.30 PM **A Place in the Sun: Home or Away**
2.30 **Sun, Sea and Selling Houses** From Almería.
3.30 **Come Dine with Me**
6.00 **A Place in the Sun**
7.00 **Bake Off: The Professionals** The teams compete in Chocolate Week.
8.00 **Matt Baker's Travels in the Country: USA**
9.00 **999: On the Front Line** Paramedics are called to reports of a man collapsed in the street.
10.00 FILM **Star Trek Into Darkness** Adventure sequel. (2013, 12, 132min) ★★★★
12.40 AM **Britain's Most Expensive Houses**
1.45 **The Supervet: Noel Fitzpatrick**
2.50 **The Dog Academy**
3.50 **to 4.50** AM **The Dog House**

5USA

141/169 120/162 21 129

9.00 AM **NCIS** (S1)
12.00 NOON **Law & Order**
6.00 PM **NCIS** *Doppelganger:* 12/23. When the death of a petty officer is reported by a telesales operative, it appears to be a practical joke. **7.00** *The Meat Puzzle:* 13/23. Ducky identifies the bodies of two former colleagues. **8.00** *Witness:* 14/23. Rookie agent McGee faces his first real test when a woman claims to have witnessed a sailor's murder. (S2)
9.00 **Blue Bloods** *Fathers and Sons:* 10/23. A sniper targets motorists driving gas-guzzling cars. (S3)
10.00 **Law & Order: Special Victims Unit** (S19)
11.55 **NCIS** 20&21/24. (S14)
1.50 AM **Law & Order**
3.35 **to 4.00** AM **Criminals: Caught on Camera**

+1 hour 241 320 130

5STAR

128/129 126 32 131

8.00 AM **Bargain-Loving Brits in the Sun**
10.00 **Car Pound Cops: Give Me My Car Back!**
11.00 **Nightmare Tenants, Slum Landlords**
12.00 NOON **Traffic Cops**
2.00 PM **Police Interceptors**
5.00 **Dogs Behaving (Very) Badly**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts**
9.00 **A&E After Dark** Staff at Hull Royal Infirmary battle to save a patient.
10.00 **999: Critical Condition**
11.00 **Ambulance: Code Red**
12.00 M'T **Murdered for Revenge** Documentary
1.00 AM **Making a Serial Killer** Bruce McArthur.
2.00 **GPs: Behind Closed Doors** Medical series.
2.50 **to 3.00** AM **Entertainment News**

+1 hour 228/229 326 141

5Action

150 130 33 132

9.00 AM **Trucking Hell**
10.00 **Traffic Cops**
10.55 **Police Interceptors**
11.55 FILM **The Vikings** Viking adventure. (1958, PG, 116min) ★★★★
2.15 PM FILM **Sierra** Western. (1950, PG, 83min) ★★
4.00 **Trucking Hell**
5.00 **Traffic Cops**
6.00 **Police Interceptors** Triple bill, including at: **8.00** Dog handler Duncan attends a midnight stand-off.
9.00 **Trucking Hell** New edition A bin lorry stuck in mud is in danger of keeling over.
10.00 NEW SERIES **Extreme Tow Truckers** Towing companies in Australia and New Zealand.
11.00 **WWE Raw Highlights**
12.00 M'T **Police Interceptors**
1.00 AM **999: Criminals Caught on Camera**
2.00 **to 3.00** AM **Trucking Hell**

W

132/133 827 125 25 156

6.00 AM **Nigel Slater's Simple Suppers**
6.35 **Plate of Origin**
8.00 **Tipping Point**
10.00 **The Block: Australia** New edition
11.00 **Property Brothers: Forever Homes**
12.00 NOON **MasterChef Australia** Cooking show.
1.00 PM **Tipping Point**
4.00 **My Dream Home**
6.00 **Property Brothers: Forever Homes**
7.00 **MasterChef Australia** New edition
8.10 **Nurses on the Ward** New edition Caitlin cares for a good Samaritan in a lot of pain.
9.10 **Emma Willis: Delivering Babies**
10.10 **999 Rescue Squad**
11.10 **Nurses on the Ward**
12.05 AM **One Born Every Minute** Documentary.
1.10 **Bang on Budget**
2.00 **to 3.00** AM **Date Night**

+1 hour 232/233 325

Drama

143 116 20 158

7.10 AM **Pie in the Sky**
8.00 **Lovejoy**
9.10 **Classic Holby City**
10.35 **Casualty**
11.40 **The Bill**
12.40 PM **Classic EastEnders**
2.00 **The House of Eliott**
3.00 **Lovejoy**
4.10 **Peak Practice**
5.20 **Waiting for God**
6.00 **Whatever Happened to the Likely Lads?**
6.40 **Last of the Summer Wine** Double bill.
8.00 **Shakespeare & Hathaway: Private Investigators** 5/10. The local mayor is murdered in the dead of night. **9.00** 6/10. Frank and Lu investigate death threats made against a former soap star. (S1)
10.00 **New Tricks**
11.20 **Silent Witness**
1.40 AM **Bleak House**
2.40 **to 4.00** AM **Classic Holby City**

+1 hour 243 316 60

THURSDAY Entertainment

Thursday

Really
142 128 17 160

- **6.00** AM **Fantasy Homes by the Sea** In Merseyside.
- **7.00 Teleshopping**
- **8.00 Salvage Hunters**
- **10.00 The Bidding Room**
- **11.00 Antiques Road Trip**
- **12.00** NOON **Money for Nothing** A mannequin.
- **1.00** PM **A Place in the Sun**
- **2.00 My 600lb Life**
- **3.00 Say Yes to the Dress: UK** Double bill.
- **4.00 Animal Cops**
- **5.00 Helicopter ER**
- **6.00 The Yorkshire Auction House**
- **7.00 Antiques Road Trip**
- **9.00 1000lb Sisters** New edition A setback causes a major bust-up.
- **10.00 24 Hour Baby Hospital**
- **11.00 Ghost Adventures**
- **12.00** M'T **Kindred Spirits**
- **1.00** AM **Ghost Adventures**
- **2.00 Teleshopping**
- **4.00 Animal Cops**
- **5.00 to 6.00** AM **Dr Jeff: Rocky Mountain Vet**

Challenge
145 139 48 146

- **7.00** AM **The Chase**
- **10.00 Catchphrase**
- **11.00 Sign2Win** Double bill.
- **12.00** NOON **Wheel of Fortune** Double bill.
- **1.00** PM **Family Fortunes**
- **2.00 Classic Who Wants to Be a Millionaire?** Quiz.
- **3.00 Strike It Lucky**
- **4.00 Blockbusters**
- **5.00 Bullseye** Double bill.
- **6.00 Classic Who Wants to Be a Millionaire?** Quiz.
- **7.00 Pointless Celebrities** A star-studded version of the quiz show.
- **8.00 The Chase** Double bill of the quiz show hosted by Bradley Walsh.
- **10.00 Classic Who Wants to Be a Millionaire?** Big-money quiz show hosted by Chris Tarrant.
- **11.00 Bullseye** Double bill.
- **12.00** M'T **Sign2Win**
- **1.00** AM **The Chase**
- **4.00 Classic Who Wants to Be a Millionaire?**
- **5.00 to 6.00** AM **Bullseye**

GREAT! action
323 426 42 305

- **6.00** AM **M*A*S*H** (S8)
- **6.30 Wild West Chronicles**
- **7.30 FILM Earthtastrophe** Thriller. (2016, PG) ★★
- **9.10 The Blitz on Cologne**
- **10.25 The Dambusters Raid**
- **11.30 M*A*S*H** 13/25. (S8)
- **12.00** NOON **Wild West...**
- **1.00** PM **FILM Monte Walsh** (1970, PG) ★★★
- **3.30 FILM Ride Lonesome** Western. (1959, 12, 73min) ★★★★
- **5.10 FILM Two-Headed Spy** (1958, b/w, PG) ★★
- **7.15 FILM Mega Shark vs Mecha Shark** Fantasy. (2014, 15, 85min) ★★
- **9.00 FILM The Missing** Western. (2003, 15, 137min) ★★★★
- **11.40 FILM Black Butterfly** (2017, 15) ★★★
- **1.35** AM **FILM Shepherd: Border Patrol** Thriller. (2008, 15, 91min) ★★
- **3.30 to 4.00** AM **Wild West...**

+1 hour 324

GREAT! movies
321 425 34 302

- **9.00** AM **FILM Erasing His Past** Crime thriller. (2019, PG, 87min) ★★
- **11.00 FILM Cradle of Lies** Thriller. (2015, PG) ★
- **1.00** PM **FILM Dance Night Obsession** Thriller. (2016, PG, 94min) ★★
- **3.00 FILM Ape vs Monster** Fantasy adventure. (2021, 12, 88min) ★★
- **4.45 FILM Magic in the Water** Fantasy drama. (1995, PG, 101min) ★★
- **6.50 FILM Upside Down** Fantasy. (2012, 12) ★★
- **9.00 FILM Chappie** Thriller starring Dev Patel. (2015, 15, 120min) ★★
- **11.25 FILM Zombieland** Horror comedy. (2009, 15, 84min) ★★★★
- **1.15** AM **FILM A Most Violent Year** Thriller. (2014, 15, 120min) ★★★★★
- **3.45 to 6.00** AM **FILM Running Wild** Adventure. (1995, PG, 98min) ★★

+1 hour 322 61

GREAT! romance
319 424 52 303

- **6.00** AM **FILM Cooking with Love** (2018, PG) ★★
- **8.00 FILM Love's Complicated** Comedy. (2016, PG, 90min) ★★
- **10.00 FILM The Irresistible Blueberry Farm** Drama. (2016, PG, 90min) ★★
- **12.00** NOON **FILM Designed with Love** Drama. (2020, PG, 85min) ★★
- **2.00** PM **FILM Love on the Sidelines** Comedy. (2016, PG, 86min) ★★
- **4.00 FILM When Love Came to Town** (2014, PG) ★★
- **6.00 FILM Love's Second Chance** (2020, PG) ★★
- **8.00 FILM Love at the Shore** Comedy. (2017, PG) ★★
- **10.00 FILM Love in Design** Comedy. (2018, PG) ★★
- **12.05** AM **FILM Frozen in Love** Drama. (2018, PG) ★★
- **1.35 FILM Love on Ice** Drama. (2017, PG, 84min) ★★
- **3.05 to 4.00** AM **Highway to Heaven**

+1 hr 320 63 304

Legend
148 149 41 137

- **8.00** AM **Walker, Texas Ranger** 7/26. (S3)
- **9.00 Six Million Dollar Man**
- **10.00 Star Trek: Deep Space Nine** 15/26. (S2)
- **11.00 Impact** 1&2/2. (S1)
- **2.50** PM **Legend Lowdown**
- **3.00 FILM Rock Monster** Sci-fi adventure. (2008, 15, 89min) ★★
- **4.50 Legend Lowdown**
- **5.00 Star Trek** 23/30. (S1)
- **6.00 Star Trek: Deep Space Nine** 16/26. (S2)
- **7.00 Six Million Dollar Man**
- **8.00 Walker, Texas Ranger**
- **9.00 FILM Final Girl** Thriller starring Abigail Breslin. (2015, 15, 81min) ★★
- **10.45 FILM The Factory** Crime thriller starring John Cusack. (2012, 15, 104min) ★★
- **12.50** AM **FILM Freight** Thriller starring Billy Murray. (2010, 18, 90min) ★★
- **2.40 to 4.30** AM **FILM Eat Locals** Horror comedy. (2017, 15, 94min) ★★

DMAX
172 169 38 150

- **6.00** AM **Salvage Dawgs**
- **7.00 Buying Alaska**
- **8.00 Aussie Gold Hunters**
- **9.00 Deadliest Catch**
- **11.00 Alaska: Last Frontier**
- **12.00** NOON **Alaska: Homestead Rescue**
- **1.00** PM **Outback Opal Hunters** Documentary.
- **2.00 Gold Divers**
- **4.00 Buying Alaska** New editions Double bill.
- **5.00 Home Town**
- **6.00 Aussie Gold Hunters**
- **7.00 Alaska: Last Frontier**
- **8.00 Deadliest Catch** An old rivalry heats up.
- **9.00 Paranormal: Caught on Camera**
- **10.00 Portals to Hell**
- **12.00** M'T **Homestead Rescue: Raney Ranch**
- **1.00** AM **Life Below Zero**
- **2.00 Teleshopping**
- **4.00 Tanked**
- **5.00 to 6.00** AM **Maine Cabin Masters**

+1 hour 258 369

Food Network
140/141 190 43 148

- **6.00** AM **Southern Kitchen**
- **7.00 The Pioneer Woman**
- **8.00 Making of Magnolia Table** Culinary series.
- **9.00 The Kitchen** New edition
- **10.00 French Adventure**
- **11.00 Tom Kerridge's Best...**
- **12.00** NOON **The Great British Bake Off**
- **2.00** PM **American...**
- **3.00 The Hairy Bikers**
- **4.00 Making of Magnolia...**
- **5.00 Farmhouse Rules**
- **6.00 American Adventure**
- **7.00 Paul Hollywood's Bread**
- **8.00 Tom Kerridge's Best Ever Dishes**
- **9.00 John Torode's Australia**
- **10.00 The Hairy Bikers' Chicken and Egg**
- **11.00 BBQ USA** New edition
- **12.00** M'T **Diners, Drive-Ins and Dives** Double bill.
- **1.00** AM **Restaurant: Impossible**
- **2.00 to 3.00** AM **Follow Donal to Europe**

+1 hour 240/241 149

Comedy Central
112/113 132 345 360

- **8.00** AM **Most Ridiculous: Bad Asses** Comical clips.
- **8.35 Most Ridiculous: Tattoos**
- **9.00 The Middle** (S9)
- **11.00 Home Improvement**
- **1.00** PM **Friends** (S1)
- **8.00 Friends** 23/24. Carol finally gives birth. **8.30** 24/24. Ross's true feelings for Rachel are revealed. (S1)
- **9.00 Kevin Bridges Live: The Story Continues**
- **10.00 NEW Jon Richardson: Old Man** A stand-up performance at Blackpool's historic Grand Theatre.
- **12.00** M'T **NEW Demetri Martin: Stand-Up Comedian** A special filmed in New York City.
- **1.00** AM **South Park** (S14)
- **2.30 Beavis and Butt-Head**
- **3.00 Key & Peele**
- **3.25 Michael McIntyre: Hello Wembley!**
- **4.10 to 5.00** AM **Friends**

+1 hour 212/213 332

Comedy Cen. Extra
127/128 154

- **6.00** AM **Criminally Funny**
- **7.00 Teleshopping**
- **9.00 Guessable?**
- **10.00 Takeshi's Castle**
- **11.00 Friends** (S10&5)
- **1.00** PM **Impractical Jokers: Inside Jokes**
- **4.00 The Middle** (S4&5)
- **7.00 Home Improvement**
- **9.00 Friends** 6/20. Guest stars Greg Kinnear. **9.30** 7/20. Ross discovers Rachel has an irrational fear of swings. **10.00** 8/20. Monica agrees to cook Thanksgiving dinner. **10.30** 9/20. Ross is left with the worst outfit ever for a date. (S10)
- **11.00 Friends** (S10)
- **12.35** AM **The Middle** (S4&5)
- **2.00 Criminally Funny**
- **3.00 The Funniest Adverts on the Planet**
- **3.45 Ugly Americans** (S1)
- **4.30 Ren & Stimpy Show**
- **5.15 to 6.00** AM **Takeshi's Castle**

Blaze
164 174 64 162

- **6.00** AM **Hardcore Pawn**
- **6.50 The UnXplained with William Shatner**
- **7.45 Ancient Aliens**
- **9.40 Breaking Mysterious**
- **10.40 Curse of Oak Island**
- **11.40 Digging for Britain**
- **12.40** PM **Storage Wars**
- **1.05 Pawn Stars**
- **2.05 Hardcore Pawn**
- **4.00 Ancient Aliens**
- **6.00 The UnXplained with William Shatner**
- **7.00 Storage Wars**
- **8.00 Dickinson's Real Deal**
- **9.00 UFOs: Top Secret Alien Files** Documentary.
- **11.00 Evidence of the Unexplained**
- **12.00** M'T **Curse of Oak Island** Documentary.
- **1.00** AM **The UnXplained with William Shatner**
- **2.00 Barter Kings**
- **3.00 Dickinson's Real Deal**
- **4.10 American Restoration**
- **5.00 to 6.00** AM **Pawn Stars**

+1 hour 81

5SELECT
153 138 46 133

- **9.00** AM **GPs: Behind Closed Doors** Documentary.
- **10.00 The Yorkshire Vet**
- **12.00** NOON **Ben Fogle: New Lives in the Wild**
- **1.00** PM **Walking Wartime Britain** South Wales.
- **2.00 The Yorkshire Vet**
- **4.00 Ben Fogle: New Lives in the Wild**
- **5.00 Walking Britain's Lost Railways** Peak District..
- **6.00 Inside the Tower of London** Documentary.
- **7.00 Secrets of the Royal Palaces** Documentary.
- **8.00 Frogmore House: Royal Retreat**
- **9.30 Paul Burrell: Royal Service, Royal Scandal**
- **10.30 World's Deadliest Weather: Caught on Camera** Tornadoes.
- **11.30 Forged in Fire**
- **1.20** AM **Inside the Tower of London** Documentary.
- **2.20 Walking Tudor Britain**
- **2.55 to 3.00** AM **Entertainment News**

HGTV
158 191 44 166

- **7.00** AM **Alaska: Homestead Rescue** Documentary.
- **8.00 Love Your Garden**
- **9.00 A Place in the Sun**
- **10.00 Escape to the Country**
- **11.00 My Dream Derelict...**
- **12.00** NOON **My Lottery...**
- **1.00** PM **Good Bones**
- **2.00 Flip or Flop**
- **3.00 Love Your Garden**
- **4.00 Escape to the Country**
- **5.00 Alaska: Homestead...**
- **6.00 A Place in the Sun**
- **7.00 My Dream Derelict Home in the Sun**
- **8.00 Escape to the Country**
- **9.00 Fixer to Fabulous** New edition
- **10.00 Barbie Dreamhouse Challenge** New edition
- **11.30 Good Bones**
- **12.30** AM **My Dream Derelict Home in the Sun**
- **1.30 Alaska: Homestead...**
- **2.30 Love Your Garden**
- **3.30 to 4.00** AM **My Lottery Dream Home**

+1 hour 272 391 151

RealityXtra
147 172 68 134

- **9.00** AM **Medical Detectives**
- **11.00 Murder by the Sea**
- **12.00** NOON **The Fugitive**
- **1.00** PM **48 Hours**
- **3.00 Medical Detectives** A go-go dancer vanishes for 20 years. **3.30** A hunter is shot three times and killed. **4.00** A community is rocked by the death of a well-respected nurse. **4.30** A woman's disappearance is paired with another case.
- **5.00 The Fugitive** *Run the Man Down:* 15/30. Kimble and a sheriff's girlfriend are surprised by three criminals while caring for their wounded cohort. (S4)
- **6.00 Murder by the Sea**
- **7.00 Judge Judy**
- **1.00** AM **Murder by the Sea**
- **2.00 The Fugitive** (S4)
- **3.00 48 Hours** Double bill.
- **4.45 to 6.00** AM **Medical Detectives**

TLC
133/134 828 165

- **7.00** AM **My Lottery Dream Home** Double bill.
- **8.00 Extreme Couponing**
- **9.00 My Extreme Excess Skin**
- **10.00 Dr Pimple Popper**
- **11.00 My 600lb Life**
- **12.00** NOON **1000lb Sisters**
- **1.00** PM **Sister Wives**
- **3.00 OutDaughtered**
- **4.00 I Didn't Know I Was Pregnant** Double bill.
- **5.00 Dr Pimple Popper**
- **6.00 My 600lb Life** 1/2. A woman whose grief saw her pile on the pounds.
- **7.00 Say Yes to the Dress**
- **8.00 Helicopter ER**
- **10.00 Hoarding: Buried Alive**
- **12.00** M'T **Conjoined Twins Special: Body Bizarre**
- **1.00** AM **Extreme Cheapskates**
- **2.00 Hoarding: Buried Alive**
- **3.00 Body Parts**
- **4.00 Extreme Cheapskates**
- **5.00 to 6.00** AM **Helicopter ER**

+1 hour 233/234 365

HorrorXtra
317 171 69 138

- **8.00** AM **FILM 3 Headed Shark Attack** Thriller. (2015, 18, 89min) ★★
- **10.00 Farscape** 15/22. (S1)
- **11.00 FILM Solar Flare** Thriller. (2008, PG, 87min) ★★
- **1.00** PM **FILM Dragonquest** Fantasy adventure. (2009, 12, 90min) ★★
- **3.00 Farscape** 15/22. (S1)
- **4.00 Battlestar Galactica**
- **5.00 FILM Descent** Sci-fi disaster movie. (2005, PG, 90min) ★★
- **7.00 Farscape** 17/22. (S1)
- **8.00 Battlestar Galactica**
- **9.00 FILM Cold Skin** Fantasy horror starring Ray Stevenson. (2017, 15, 108min) ★★★
- **11.05 FILM The Stakelander** Horror thriller starring Connor Paolo. (2016, 15, 81min) ★★
- **1.00 to 3.00** AM **FILM The Burning** Horror. (1981, 18, 91min) ★★★

+1 hour 318 371 139

Sky Replay
152 156

- **7.00** AM **Sixth Sense with Colin Fry** Double bill.
- **8.00 Celebrity Four Weddings** Reality series.
- **9.00 Four Weddings**
- **10.00 UK Border Force**
- **11.00 Stop, Search, Seize**
- **12.00** NOON **The Real A&E**
- **1.00** PM **Inside RAF Brize Norton** Documentary.
- **2.00 Warehouse 13** (S3)
- **4.00 Most Haunted**
- **6.00 Supergirl** 1&2/19. (S5)
- **8.00 UK Border Force** A student is prevented from entering the UK.
- **9.00 Alphas** 7/12. (S1)
- **10.00 Road Wars** Officers combat vehicle crime.
- **11.00 Brit Cops: Law & Disorder** Double bill.
- **1.00** AM **Stop, Search, Seize**
- **2.00 A League of Their Own**
- **3.00 Duck Quacks Don't Echo** Lee Mack hosts.
- **4.00 Four Weddings**
- **5.00 to 6.00** AM **Sixth Sense with Colin Fry**

E!
159 159 835 160

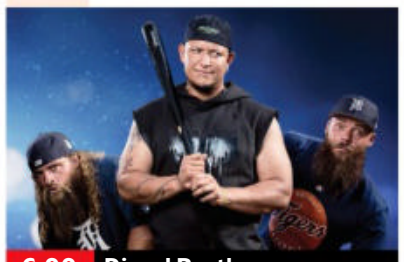
- **7.00** AM **Rich Kids of Beverly Hills**
- **8.00 Keeping Up with the Kardashians**
- **10.00 Jerseylicious**
- **11.00 Big Rich Atlanta**
- **12.00** NOON **Botched**
- **1.00** PM **Kourtney & Kim Take Miami**
- **2.00 Keeping Up with the Kardashians**
- **7.00 Botched** Terry operates on a cancer survivor. **8.00** Paul helps a man who wants his ears back.
- **9.00 Keeping Up with the Kardashians** Kim's loyalty to her husband is a source of conflict. **10.00** Kim resolves to show Kourtney how far Scott has come.
- **11.00 Big Rich Atlanta**
- **12.00** M'T **Dr 90210**
- **1.00** AM **Rich Kids of Beverly Hills**
- **2.00 Teleshopping**
- **3.00 to 5.00** AM **Celebrity Game Face**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 823 177 320 325

6.00 AM **Wheeler Dealers**
7.00 **Deadliest Catch**
8.00 **Treehouse Masters**
9.00 **Alaska: The Last Frontier**
10.00 **How It's Made** Double bill.
11.00 **Wheeler Dealers**
12.00 NOON **Diesel Brothers**
1.00 PM **Hoffman Family Gold**
3.00 **Alaska: Homestead Rescue**
5.00 **Wheeler Dealers: Dream Car** Mike and Marc trade up to an iconic off roader.
6.00 **Diesel Brothers** The mechanics of DieselSellers restore broken-down trucks.



6.00 Diesel Brothers

7.00 **Street Outlaws** A call from a local dirt track owner prompts a dirt race challenge for the whole 405.
8.00 **Alaska: The Last Frontier** Atz Sr unites seven Kilcher siblings to finish the interior of his legacy rebuild.
9.00 **Naked and Afraid: Last One Standing** New edition As the competitors rush to find cached items, Matt races to grab the bow before Jeff, and a gruelling migration features head-to-head tests of survival skills.
11.00 **Naked and Afraid: Alone** Max takes on the African Savannah.
12.00 M'T **Expedition Bigfoot** The team encounter more than they bargained for.
1.00 AM **Naked and Afraid: Last One Standing** As 9.00pm.
3.00 **Moonshiners**
4.00 **to 5.00** AM **Wheeler Dealers**

+1 hour 225/226 377

Animal Planet

162 178

8.00 AM **Animal Cribs**
9.00 **Dodo Heroes**
10.00 **Bad Dog!** A swearing parrot.
11.00 **Alaska: Homestead Rescue**
12.00 NOON **Animal Cribs**
1.00 PM **Dodo Heroes**
2.00 **Killer Whales** Examining killer whales' feeding behaviour.
3.00 **Dogs 101** Double bill.
5.00 **Alaska: Homestead Rescue** The Raneys build a steel tram before the deep freeze.
6.00 **Animal Cribs** An outdoor area for a couple's Savannah cat and foster kittens.

8.00 Project Grizzly

7.00 **Dodo Heroes** The work of seven-year-old Roman McConn and his mother, who have saved more than 1,500 shelter dogs.
8.00 **Project Grizzly** Jeff Watson teaches his grizzlies to forage in the wild, but Bob slashes him in the arm.
9.00 **Project Grizzly** Jeff Watson's unconventional hunting lessons fail to prepare Bob and Screech to hunt game.
10.00 **Alaskan Bush People** Following the Browns, a family of seven children who live off the grid and depend on each other.
11.00 **From Wags to Riches**
12.00 M'T **Pit Bulls & Parolees: Tia's Tales** Tia, Tania and Mariah recount their biggest successes and losses.
1.00 AM **Alaskan Bush People**
2.00 **Dogs 101**
3.00 **Alaska: Homestead Rescue**
4.00 **to 5.00** AM **Animal Cribs**

+1 hour 262 378

Nat Geographic

129/130 825 183

8.00 AM **Food Factory USA**
9.00 **Air Crash Investigation**
10.00 **Europe from Above**
11.00 **Supercars**
12.00 NOON **Car S.O.S**
1.00 PM **Ultimate Airport Dubai**
2.00 **Air Crash Investigation**
3.00 **Hitler's Last Stand**
4.00 **Megafactories** A visit to Porsche's factory in Leipzig.
5.00 **Car S.O.S** Tim and Fuzz head to Southampton to take on a 1969 Jensen Interceptor.
6.00 **Seconds from Disaster** The 1988 crash in Gare de Lyon.

9.00 Wicked Tuna

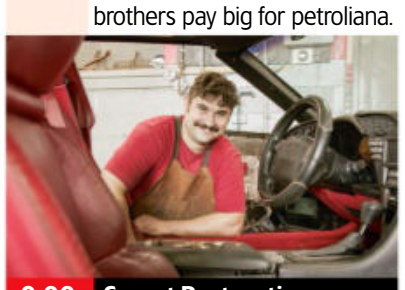
7.00 **Air Crash Investigation** When a turboprop crashes in Papua New Guinea, investigators uncover a deadly flaw.
8.00 **Last of the Giants: Wild Fish** New edition Cyril and his team take on backbreaking waves with their armed police escort.
9.00 **Wicked Tuna** New edition The *Hard Merchandise* crew race to catch one more fish before Dave's surgery.
10.00 **First Alaskans** New edition The Alaska natives must be up for the fight.
11.00 **Air Crash Investigation**
12.00 M'T **Inside 9/11**
1.00 AM **To Catch a Smuggler**
2.00 **Made in a Day**
2.30 **Bid & Destroy**
2.55 **Lords of War**
3.20 **Food Factory** Double bill.
4.10 **Exotic Animal ER**
4.35 **to 5.00** AM **Secrets of the Zoo: Keeper Tales**

+1 hour 229/230 383

Sky History

123/124 821 131 353 368

6.00 AM **Forged in Fire**
7.00 **Salvage Kings**
8.00 **American Pickers**
9.00 **Pawn Stars** Double bill.
10.00 **Swamp People**
11.00 **The Curse of Oak Island**
12.00 NOON **Nature Gone Wild**
1.00 PM **Salvage Kings**
2.00 **The Machines That Built the World** The tractor revolution.
3.00 **Swamp People: Serpent Invasion**
5.00 **Pawn Stars** Double bill.
6.00 **American Pickers** The Wolfe brothers pay big for petroliana.



9.00 Secret Restoration

7.00 **Forged in Fire** Two bladesmiths battle it out to craft the largest sword in the history of the series.
8.00 **Auction Hunters** The guys are keen to win a climate-controlled unit. **8.30** The traders take a more tactical approach.
9.00 **Secret Restoration** New edition A woman brings PJ the car of her husband's dreams – a 1990s Corvette.
10.00 **Forged in Fire** Two bladesmiths create the ultimate wilderness weapon – the German Sawback Hunting Sword.
11.00 **Secrets in the Ice**
12.00 M'T **Pawn Stars** Double bill.
1.00 AM **Auction Hunters**
2.00 **Bloody Boston** The world of Boston organised crime.
3.00 **Swamp People: Serpent Invasion** Double bill.
5.00 **to 6.00** AM **American Pickers**

+1 hour 223/224 331

Yesterday

155 155 846 129 27 159

6.10 AM **Restoration Workshop**
8.00 **Abandoned Engineering**
10.00 **World War Two From Above**
11.00 **Nazi Hunters**
12.00 NOON **Great American Railroad Journeys**
1.00 PM **Antiques Roadshow**
2.00 **Bangers & Cash** Double bill.
4.00 **Nazi Hunters**
5.00 **World War Two From Above**
6.00 **Great British Railway Journeys** Michael travels from Welshpool to Aberystwyth. **6.30** Michael feeds the crew of Britain's newest battleship.

11.00 Abandoned Engineering

7.00 **Bangers & Cash** A 1970s Bond Bug three-wheeler divides opinion among Mathewsons customers.
8.00 **Bangers & Cash** A Moskvitch finds a home with a fan of Eastern Bloc classics.
9.00 **Bangers & Cash: Restoring Classics** The team attempt to breathe new life into an MG Montego Turbo.
10.00 **Bangers & Cash** Dave collects a 1926 Dodge bus, and Derek gets his hands on a Vauxhall Victor VX 90 police car.
11.00 **Abandoned Engineering** A settlement in Argentina destroyed by floods, and a US town that has been erased.
12.00 M'T **Great British Railway Journeys** Double bill.
1.00 AM **Restoration Workshop**
2.00 **to 3.00** AM **Forbidden History**

+1 hour 255 329 74

Thursday

7 PM
8 PM
9 PM
10 PM

Quest

144 144 834 137 12 172

6.00 AM **How Do They Do It?**
6.30 **Shed and Buried**
7.00 **The Repair Shop**
8.00 **American Pickers**
10.00 **Chasing Classic Cars**
11.00 **Richard Hammond's Workshop**
12.00 NOON **How It's Made**
1.00 PM **The Repair Shop**
2.00 **Money for Nothing**
3.00 **Find It, Fix It, Flog It**
4.00 **Salvage Hunters**
5.00 **Salvage Hunters: Restorers**
6.00 **Wheeler Dealers**
7.00 **Outback Opal Hunters**
8.00 **Salvage Hunters**
9.00 **Find It, Fix It, Drive It** Unearthing a remote-control World War One replica biplane.
10.00 FILM **The Assassination of Jesse James by the Coward Robert Ford** Western starring Brad Pitt and Casey Affleck. (2007, 15, 159min) ★★★★
1.30 AM **Border Control: Europe**
2.00 **Richard Hammond's Workshop**
3.00 **Wheeler Dealers**
4.00 **to 5.00** AM **How It's Made**

+1 hour 244 337 70 168

Quest Red

149 168 40 169

6.00 AM **Say Yes to the Dress**
7.00 **Say Yes to the Dress: Lancashire** Reality series.
8.00 **Say Yes to the Dress**
10.00 **Disappeared**
11.00 **Forensic Detectives**
1.00 PM **FBI Files** A bank robbery.
2.00 **Disappeared**
3.00 **True Crime with Aphrodite Jones** Double bill of editions.
5.00 **Say Yes to the Dress**
6.00 **Curvy Brides Boutique**
7.00 **Long Lost Family US**
8.00 **Murder Tapes** A shooter who went on a killing spree.
9.00 **Murder on CCTV** A body hidden in a suitcase and thrown into a dumpster.
10.00 **Evil Lives Here: Shadows of Death** New edition A family find themselves at the mercy of a brutal kidnapper.
11.00 **Web of Lies** A case concerning a body discovered in a yard.
12.00 M'T **Forensic Detectives**
2.00 AM **Murder on CCTV**
3.00 **to 4.00** AM **FBI Files**

+1 hour 249 170

CBS Reality

146 148 67 135

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Medical Detectives** Scientists prove the victim of a blast was the person who constructed and delivered the bomb. **7.30** How police investigating the murder of a 13-year-old boy were aided by diatoms.
8.00 **48 Hours** An engagement ring leads to murder.
9.00 **The Truth About My Murder** Forensic pathologist Dr Richard Shepherd investigates the murder of trader Yang Liu.
10.00 **Murder in Paradise** Detailing stories of dream getaways torn apart by a horrific murder.
11.00 **Ice Cold Killers** A young doctor is found beaten, slashed and slain in his bathtub.
12.00 M'T **Fatal Vows**
1.00 AM **The Truth About My Murder** As shown at 9.00pm.
2.00 **Murder in Paradise**
3.00 **48 Hours** As 8.00pm.
3.45 **Medical Detectives**
4.10 **to 6.00** AM **Judge Judy**

+1 hour 246 348 136

Sky Crime

122/123 820 121 349 364

6.00 AM **Highway Patrol**
7.00 **Motorway Patrol**
8.00 **Motorbike Cops**
9.00 **Nothing to Declare**
10.00 **Caught Red Handed**
11.30 **Border Patrol**
12.00 NOON **Killer in My Village**
1.00 PM **How I Caught the Killer**
2.00 **Murders That Shocked The Nation** Gordon Cummins.
3.00 **World's Most Evil Killers**
4.00 **Britain's Most Evil Killers**
5.00 **How I Caught the Killer**
6.00 **The Real Manhunter**
7.00 **World's Most Evil Killers**
8.00 **Britain's Most Evil Killers** The story of Raoul Moat.
9.00 **Murders at the Boarding House** 1&2/2. The story of boarding house owner and killer Dorothea Puente.
11.30 **World's Most Evil Killers**
12.30 AM **Killer in My Village**
1.30 **The Killer Within**
2.30 **Mark of a Serial Killer**
3.30 **Road Wars** Triple bill.
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 222/223 321

PBS America

174 187 84 155

8.00 AM **Grand Tours of Scotland**
9.40 **Ruthless: Monopoly's Secret History** As shown at 7.20pm.
10.40 **The Stuarts** As 8.25pm.
11.50 **A War on Trial**
1.00 PM **Beautiful Serengeti**
1.30 **Grand Tours of Scotland**
2.45 **Ruthless: Monopoly's Secret History** As shown at 7.20pm.
3.55 **The Stuarts** As 8.25pm.
5.00 **A War on Trial**
6.10 **Grand Tours of Scotland**
7.20 NEW **Ruthless: Monopoly's Secret History** Following the untold tale of theft, obsession and corporate double-dealing that played a part in the creation of America's favourite board game.
8.25 **The Stuarts** How Scotland lost its sovereignty and became part of Great Britain in 1707.
9.35 **A War on Trial** An examination of the success of the ICTY.
10.45 **Ruthless: Monopoly's Secret History** As shown at 7.20pm.
12.00 M'T **The Stuarts** As 8.25pm.
1.15 **to 2.00** AM **Beautiful Serengeti**

SKY HD SD | VIRGIN HD | FREEVIEW HD | FREESAT HD | BT HD

THURSDAY

Thursday

Sky Documentaries

121/122 819 188 352 367

6.00 AM **The Seventies**
7.00 **Discovering: Dennis Hopper**
8.00 **The Directors**
9.00 **Janet Jackson**
10.00 **The Story of Late Night**
11.00 **The Good Fight Club**
12.00 NOON **The Lawman**
1.40 PM **My Icon: Rachel Yankey**
2.00 **FILM Busby** A profile of Matt Busby. (2019, PG, 102min) ★★★
4.00 **The Directors**
5.00 **Discovering: Dennis Hopper**
6.00 **Janet Jackson**
7.00 **The Story of Late Night**
8.00 **The Good Fight Club**
9.00 **Dublin Narcos**
10.00 **NEW SERIES Mission to Burnley** 1/4. Documentary telling the story of the dramatic rebirth of Burnley FC.
11.00 **Terry Venables: A Man Can Dream** The life and times of the former England manager.
1.00 AM **The United Way**
2.50 **The Stroll** Documentary.
4.30 **PL Legends: Gary Neville**
5.00 **to 6.00** AM **Discovering: Dennis Hopper**

Sky Nature

124/125 822 189 354 369

6.00 AM **Wildlife ER**
7.00 **Monkey Life**
8.00 **Wildlife Icons**
9.00 **Tales from Zambia**
10.00 **Great Blue Wild**
11.00 **Africa's Hunters**
12.00 NOON **Colombia's Wild Coast**
1.00 PM **Monkey Life**
2.00 **Wildlife Icons**
3.00 **Tales from Zambia**
4.00 **Great Blue Wild**
5.00 **Africa's Hunters**
6.00 **Colombia's Wild Coast**
7.00 **Monkey Life** Double bill.
8.00 **Living Beach** The vast array of wildlife along the coast of Mexico's Yucatán Peninsula.
9.00 **Into the Wild: India** A day in the life of a Bengal tiger mum.
10.00 **Africa's Hunters** Three lionesses go into labour.
11.00 **Colombia's Wild Coast**
12.00 M'T **City Wildlife Rescue**
1.00 AM **Patagonia**
2.00 **Living Beach** As 8.00pm.
3.00 **Into the Wild: India**
4.00 **Wildlife Icons**
5.00 **to 6.00** AM **Tales from Zambia**

Sky History 2

163 163 840 186

6.00 AM **Ancient Aliens**
8.00 **Auction Kings**
9.00 **Top Secret UFO Projects Declassified** The MJ-12.
10.00 **Treasures Decoded**
11.00 **Ancient Aliens**
1.00 PM **Britain's Most Historic Towns** Double bill of editions.
3.00 **Ross Kemp: Shipwreck Treasure Hunter**
4.00 **Lost Relic Hunters**
5.00 **Top Secret UFO Projects Declassified** The MJ-12.
6.00 **Legends of the Pharaohs: Secrets of Pyramid Builders**
7.00 **Treasures Decoded**
8.00 **Rust Valley Restorers**
9.00 **The Witches of Salem** The hysteria that unfolded during the Salem witch trials.
10.00 **Curse of the Ancients** The notion that pagan societies believed they were cursed.
11.00 **Encounter: UFO**
12.00 M'T **Ancient Aliens**
2.00 AM **Auction Kings**
3.00 **Ultimate Soldier Challenge**
4.00 **to 6.00** AM **Britain's Most Historic Towns**

Crime+Investigation

156 156 837 133

6.00 AM **The First 48**
8.00 **Homicide Hunter**
9.00 **Killer in Plain Sight**
10.00 **Meet, Marry, Murder**
11.00 **Cruise Ship Killers**
12.00 NOON **Buried in the Backyard**
1.00 PM **The Real Murders of Atlanta** Crime series.
2.00 **Exhumed: Killer Revealed**
3.00 **Snapped** Judith Hawkey.
4.00 **Nightmare in Suburbia**
5.00 **Homicide Hunter**
6.00 **The First 48**
8.00 **Sunshine Slayings** A German woman and her boyfriend are murdered in Florida.
9.00 **Interrogation Raw** Investigating the murder of an art teacher.
10.00 **Murder Detective**
11.00 **Cruise Ship Killers**
12.00 M'T **Homicide Hunter**
1.00 AM **Nightmare in Suburbia**
2.00 **Snapped** Judith Hawkey.
3.00 **Exhumed: Killer Revealed**
4.00 **Sunshine Slayings**
5.00 **to 6.00** AM **The Real Murders of Atlanta**

+1 hour 256 333

WILD

165 165 841 182

8.00 AM **America's Funniest Home Videos: Animal Edition**
9.00 **Crocpocalypse**
10.00 **Wild New Zealand: Lost Paradise** Documentary.
11.00 **Africa's Deadliest**
12.00 NOON **Snakes in the City**
1.00 PM **Yukon Vet**
2.00 **Bull Shark Bandits**
3.00 **The Desert Sea**
4.00 **Secrets of the Zoo**
5.00 **Monster Fish**
6.00 **Snakes in the City**
7.00 **Secrets of the Zoo: North Carolina** The zoo hopes for a polar-bear pregnancy.
8.00 **Wicked Tuna**
9.00 **Unknown Waters with Jeremy Wade** The angler goes in search of Atlantic salmon.
10.00 **When Sharks Attack** A surge of six attacks in three weeks.
11.00 **Snakes in the City**
12.00 M'T **When Sharks Attack**
1.00 AM **Caught in the Act**
2.00 **Wild Yellowstone**
3.00 **Secrets of the Zoo**
4.00 **to 5.00** AM **Yukon Vet**

Discovery History

177 181

6.00 AM **Combat Dealers: Reloaded** The rarest tanks.
7.00 **HMS Ark Royal**
8.00 **Greatest Events of World War II** The D-Day invasion.
9.00 **Combat Dealers**
10.00 **Salvage Hunters**
11.00 **Shed and Buried**
12.00 NOON **How It's Made**
1.00 PM **Combat Dealers**
2.00 **HMS Ark Royal**
3.00 **Blowing Up History**
4.00 **Mysteries at the Castle**
5.00 **Greatest Events of World War II** The Battle of the Bulge.
6.00 **Secrets Underground**
7.00 **Expedition Unknown**
8.00 **Combat Dealers**
9.00 **Blowing Up History**
10.00 **Salvage Hunters**
11.00 **Shed and Buried**
12.00 M'T **How It's Made**
1.00 AM **Combat Dealers**
2.00 **Salvage Hunters**
3.00 **Combat Dealers**
4.00 **to 5.00** AM **Blowing Up History**

+1 hour 277 381

Eden

166 176

9.00 AM **Frozen Planet**
11.00 **Equator: The Line of Life**
2.00 PM **The Sun: Inferno in the Sky** As shown at 8.00pm.
3.00 **Frozen Planet** Double bill.
5.00 **Equator: The Line of Life**
8.00 **The Sun: Inferno in the Sky** The impact of solar storms, such as the one in 2012 when a massive eruption on the sun hurled a colossal cloud of solar matter into space.
9.00 **Frozen Planet** Examining how the arrival of winter sparks a ruthless battle for survival in the polar regions. **10.00** David Attenborough explores the work of people in the polar regions, including the residents of the coldest city on Earth, and the Danish armed forces' dog sled patrols.
11.00 **Equator: The Line of Life**
2.00 AM **The Sun: Inferno in the Sky** As shown at 8.00pm.
3.00 **Frozen Planet**
4.40 **Equator: The Line of Life**
5.30 **to 6.00** AM **The Zoo**

+1 hour 266 376

ID

154 166

6.00 AM **American Monster**
7.00 **Teleshopping**
8.00 **Murder in the Heartland**
9.00 **Forensic Detectives**
10.00 **People Magazine Investigates**
11.00 **Evil Lives Here**
1.00 PM **American Monster**
3.00 **Murder in the Heartland**
4.00 **Disappeared**
5.00 **Swamp Murders**
6.00 **Forensic Detectives**
8.00 **Still a Mystery**
9.00 **Faking It: Jimmy Savile**
10.00 **Jimmy Savile: The People Who Knew** How the TV personality's crimes remained a secret to the public for so long.
11.30 **Who the (Bleep) Did I Marry?** Focusing on the story of bigamist Vernon Pierce, who was married to four women.
12.00 M'T **Still a Mystery**
1.00 AM **Betrayed**
2.00 **Ghost Brothers: Haunted House Party**
3.00 **Forensic Detectives**
5.00 **to 6.00** AM **Disappeared**

+1 hour 254 366

Discovery Turbo

161/184 180

6.00 AM **Chasing Classic Cars**
7.00 **Mega Shippers**
8.00 **Wheeler Dealers: Dream Car**
9.00 **Fantomworks**
10.00 **Salvage Hunters: Classic Cars**
11.00 **Race Night at Bowman Gray**
12.00 NOON **Fifth Gear**
1.00 PM **Supertruckers**
2.00 **Wheeler Dealers**
3.00 **Demolition Down Under**
4.00 **Wheeler Dealers**
5.00 **Junkyard Empire**
6.00 **Fantomworks**
7.00 **Wheeler Dealers** Double bill.
9.00 **Race Night at Bowman Gray** Burt Myers struggles to keep his lead, while his brother Jason longs for his first championship and to escape from his brother's long shadow.
10.00 **Demolition Down Under**
11.00 **World's Biggest Shipbuilders**
12.00 M'T **Wheeler Dealers**
1.00 AM **Iron Resurrection**
2.00 **Fast N' Loud**
3.00 **Wheeler Dealers**
4.00 **to 5.00** AM **RMD Garage**

+1 hour 261/284

Films

Sky Cinema Premiere

301 301 401 501 515

6.35 AM **Sky Cinema Preview**
7.20 **High Heat** As 5.00am.
9.00 **The Best Man** Action thriller. (2023, 15, 93min)
10.50 **Assassin** As shown at 6.15pm.
12.35 PM **Maggie Moore(s)** (2023)
2.30 **The Locksmith** Mystery. (2022, 15, 88min) ★★★
4.20 **House Party** Comedy starring Tosin Cole and Jacob Lattimore. (2023, 15, 100min) ★★
6.15 **Assassin** Thriller with Bruce Willis. (2023, 15, 88min)

9.55 Babylon

8.00 **Maggie Moore(s)** Comedy thriller starring Jon Hamm and Tina Fey. A police chief investigates the murders of two women with the same name and unravels a web of small-town lies. (2023, 15, 99min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.55 **Babylon** Comedy drama starring Brad Pitt and Margot Robbie. Several characters enjoy an era of unbridled decadence and depravity in early Hollywood. (2022, 18, 188min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

1.15 AM **The Silent Twins** Fact-based drama with Letitia Wright and Tamara Lawrance. (2022, 18, 83min) ★★★★
3.15 **The Harbinger** Horror. (2022, 15, 87min) ★★★★
5.00 **to 6.40** AM **High Heat** Action comedy with Olga Kurylenko. (2022, 15, 84min) ★★★

+1 hour 312

Sky Cinema Hits

303 303 403 503 517

7.05 AM **Emily the Criminal** Thriller. (2022, 15, 97min) ★★★★
8.45 **The Other Guys** As 12.30am.
10.40 **A Shaun the Sheep Movie: Farmageddon** Animation. (2019, U, 86min) ★★★★
12.10 PM **Peter Rabbit** Comedy. (2018, PG, 95min) ★★★
1.50 **Lost City** (2022, 12) ★★★
3.50 **Bullet Train** Comedy thriller. (2022, 15, 127min) ★★★★
6.00 **Ghost Rider** Adventure. (2006, 12, 106min) ★★★

10.30 The Fighter

8.00 **The Matrix: Resurrections** Sci-fi action thriller sequel starring Keanu Reeves. To find out if his reality is a physical or mental construct, Mr Anderson has to choose to follow the white rabbit once more. (2021, 15, 148min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.30 **The Fighter** Boxing drama starring Mark Wahlberg. American boxer 'Irish' Micky Ward struggles to break free of his family and get a shot at success. (2010, 15, 116min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.30 AM **The Other Guys** Crime comedy starring Will Ferrell. (2010, 12, 103min) ★★★★
2.20 **Creation Stories** Biopic. (2021, 15, 105min) ★★
4.20 **to 6.20** AM **The Colour Room** Period drama. (2021, PG, 109min) ★★★★

Sky Cinema Drama

310 310 410 510 524

7.10 AM **Notorious Nick** As 4.10am.
8.45 **Captain Fantastic** Comedy. (2016, 15, 116min) ★★★★
10.50 **Elvis** Biopic with Austin Butler. (2022, 12, 159min) ★★★★
1.30 PM **Straight Outta Compton** Biopic. (2015, 15) ★★★
4.00 **Begin Again** Comedy drama. (2013, 15, 102min) ★★★★
5.50 **P.S. I Love You** Comedy drama. (2007, 12, 121min) ★★★

8.00 **Letters to Juliet** Comedy with Amanda Seyfried. An American journalist on holiday in Verona finds a love letter from the 1950s and decides to respond. (2010, PG, 105min) ★
9.50 **Eternal Sunshine of the Spotless Mind** Offbeat romantic comedy starring Jim Carrey and Kate Winslet. An estranged couple decide to have their memories of each other erased by a firm of mind specialists. (2004, 15, 108min) ★★★★★

11.45 **World Trade Center** Drama. (2006, 12, 129min) ★★★
2.00 AM **Murder at Yellowstone City** Western mystery. (2022, 15, 127min) ★★★
4.10 **Notorious Nick** Sports drama. (2021, 12, 90min) ★★
5.45 **to 7.35** AM **Begin Again**

Sky Cinema Summer Scares

311 311 411 511 525

6.15 AM **Unhinged** Action thriller. (2020, 15, 90min) ★★★
7.50 **Bodies Bodies Bodies** Horror. (2022, 15, 94min) ★★★★
9.35 **Paranormal Activity** Horror. (2007, 15, 86min) ★★★
11.15 **The Eye** Supernatural thriller. (2008, 15, 92min) ★★★
1.10 PM **The Cabin in the Woods** Horror with Kristen Connolly. (2011, 15, 91min) ★★★★

2.55 **The Purge** Horror thriller. (2013, 15, 83min) ★★★
4.25 **The Purge: Anarchy** Horror sequel starring Frank Grillo. (2014, 15, 101min) ★★★
6.10 **The Purge: Election Year** Horror sequel with Frank Grillo. (2016, 15, 108min) ★★★
8.00 **Identity** Mystery thriller. (2003, 15, 90min) ★★★
9.45 **Sky Cinema Preview**
10.00 **Halloween Kills** Horror sequel starring Jamie Lee Curtis. (2021, 18, 105min) ★★★★

11.50 **Halloween Ends** Horror sequel. (2022, 18, 111min) ★★★
1.45 AM **Last Night in Soho** Drama. (2021, 18, 116min) ★★★★
3.45 **Hellraiser** Horror fantasy. (1987, 18, 92min) ★★★
5.25 **to 6.15** AM **Sky Cinema Preview**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 306 406 506 520

6.15 AM **Step Dogs** As 1.50am.
7.55 **Nancy Drew and the Hidden Staircase** (2019, PG) ★★★
9.40 **The Borrowers** Adventure. (1997, U, 86min) ★★★★
11.20 **Divergent** Sci-fi adventure. (2014, 12, 136min) ★★★
1.45 PM **Cinema List: Adventure**
4.00 **Mr Magorium's Wonder Emporium** Fantasy. (2007, U, 90min) ★★★
5.50 **The Karate Kid** Adventure. (2010, PG, 140min) ★★★

8.15 Furry Vengeance

8.15 **Furry Vengeance** Family comedy starring Brendan Fraser and Brooke Shields. A developer encounters determined opposition from woodland animals when he tries to build a housing estate in their forest. (2010, PG, 88min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **Ghostbusters** Supernatural comedy starring Bill Murray, Dan Aykroyd and Sigourney Weaver. A trio of New York university parapsychologists go into business as ghost exterminators. (1984, 12, 105min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

1.50 AM **Step Dogs** Family comedy starring Joris Jarsky, Ryan Belleville and Dylan Schmid. (2013, U, 82min) ★
3.25 **Ghostbusters** As 10.00pm.
5.25 **to 6.25** AM **Sky Cinema Preview**

Sky Cinema Action

307 307 407 507 521

6.40 AM **Shaolin Soccer** (2001)
8.20 **Dig** As shown at 1.35pm.
10.00 **Ghost Rider: Spirit of Vengeance** (2012, 12) ★★
11.45 **Final Score** As 1.50am.
1.35 PM **Dig** Thriller with Thomas Jane. (2022, 15, 90min) ★★★
3.15 **The Old Way** Western. (2023, 15, 95min) ★★
5.05 **The Cinema List**
5.30 **The Matrix Reloaded** Sci-fi action thriller sequel. (2003, 15, 137min) ★★★★

10.15 Rambo

8.00 **The Matrix Revolutions** Sci-fi action thriller sequel starring Keanu Reeves. As the machine army advance on the underground city of Zion, messiah-like hero Neo remains trapped between the Matrix and the machine world. (2003, 15, 129min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

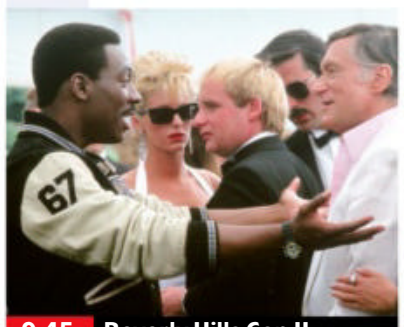
10.15 **Rambo** Action drama sequel starring Sylvester Stallone. Vietnam veteran John Rambo takes on the Burmese army. (2008, 18, 92min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.50 **Battle Royale** Japanese satirical thriller. Subtitled. (2000, 18, 113min) ★★★★
1.50 AM **Final Score** Action drama. (2018, 15, 104min) ★★★
3.40 **Shaolin Soccer** Hong Kong martial-arts comedy. Subtitled. (2001, 12, 113min) ★★★
5.20 **to 6.20** AM **Sky Cinema Preview**

Sky Cinema Comedy

308 308 408 508 522

7.25 AM **50 First Dates** (2004)
9.20 **Reboot Camp** As 2.55am.
11.10 **Daddy Day Care** Comedy. (2003, PG, 92min) ★★★
12.50 PM **Beverly Hills Cop** Comedy thriller. (1984, 15) ★★★★
2.45 **Hitch** Romantic comedy. (2005, 12, 118min) ★★★
4.50 **A Night at the Roxbury** Spin-off comedy starring Will Ferrell. (1998, 15, 82min) ★
6.20 **Zoolander** Comedy. (2001, 12, 89min) ★★★★



9.45 Beverly Hills Cop II

8.00 **Shaun of the Dead** Horror comedy starring Simon Pegg. A jaded shop assistant sets out to save his family and friends when London is invaded by zombies. (2004, 15, 99min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.45 **Beverly Hills Cop II** Action comedy sequel starring Eddie Murphy as detective Axel Foley on the trail of a gang led by a six-foot blonde. (1987, 15, 99min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.35 **50 First Dates** Romantic comedy starring Adam Sandler and Drew Barrymore. (2004, 12, 99min) ★★★
1.30 AM **A Night at the Roxbury**
2.55 **Reboot Camp** Comedy starring David Lipper, Keli Price and Maya Stojan. (2020, 15, 97min) ★★★
4.35 **to 6.15** AM **Carry On Cleo** Comedy starring Sidney James and Amanda Barrie. (1964, PG, 90min) ★★★★

Sky Cinema Thriller

309 309 409 509 523

6.15 AM **Shark Bait** As 4.05am.
7.55 **Traitor** Crime thriller. (2008, 12, 114min) ★★★
9.55 **The Fifth Estate** Thriller. (2013, 15, 125min) ★★★
12.10 PM **The Infernal Machine**
2.05 **Panic Room** Suspense thriller. (2002, 15, 112min) ★★★
4.00 **Fatal Attraction** Thriller. (1987, 18, 120min) ★★★★
6.05 **Eye in the Sky** Thriller starring Helen Mirren. (2015, 15, 112min) ★★★★

6.05 Eye in the Sky

8.00 **Focus** Comedy crime drama starring Will Smith and Margot Robbie. A veteran con man's latest heist looks set to be scuppered by a femme fatale from his past. With Adrian Martinez. (2015, 15, 105min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **No Country for Old Men** Thriller starring Tommy Lee Jones. A dogged lawman and a ruthless contract killer pursue a Texan who has made off with $2million. (2007, 15, 122min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.05 AM **Law Abiding Citizen** Thriller starring Jamie Foxx. (2009, 18, 109min) ★★
2.05 **The Infernal Machine** Thriller. (2022, 15, 111min) ★★
4.05 **Shark Bait** Horror thriller. (2022, 15, 87min) ★★
5.40 **to 6.10** AM **Sky Cinema Preview**

Film4

313 313 855 428 14 300

■ **Films start at 11.00am**
11.00 AM **Hotel for Dogs** Comedy. (2009, U, 95min) ★★★
1.05 PM **Hotel Transylvania** Animation. (2012, U) ★★★
2.55 **Mysterious Island** Adventure. (1961, U, 97min) ★★★
5.00 **Elephant Walk** Melodrama. (1954, U, 103min) ★★
7.05 **Men in Black** Sci-fi action comedy starring Tommy Lee Jones and Will Smith. (1997, PG, 94min) ★★★★

9.00 Paul

Men in Black (film started at 7.05pm) **8 PM**
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **Paul** Sci-fi comedy starring Simon Pegg and Nick Frost. A couple of British sci-fi fans go on a tour of America's UFO hotspots and pick up an extraterrestrial hitchhiker. With the voice of Seth Rogen. (2011, 15, 104min) ★★★★ **9 PM**
SEX ●●● VIOLENCE ●●● LANG ●●●

11.05 **Area 51** Found footage sci-fi thriller starring Reid Warner and Darrin Bragg. Four conspiracy theorists break into the US air force base they believe is hiding evidence of alien life. (2015, 15, 91min) ★ **11 PM**
12.55 **to 3.30** AM **Embrace of the Serpent** Adventure drama with Nilbio Torres. Subtitled. (2015, 12, 122min) ★★★★

+1 hour 314 430 47 301

Sky Cinema 5 Star Movies

302 302 402 502 516

6.05 AM **Stand by Me** Drama. (1986, 15, 89min) ★★★★★
7.35 **Jurassic Park** Sci-fi thriller. (1993, PG, 127min) ★★★★★
9.45 **Forrest Gump** Whimsical fable starring Tom Hanks. (1994, 12, 136min) ★★★★
12.10 PM **The Lord of the Rings: The Fellowship of the Ring** Fantasy adventure starring Elijah Wood. (2001, PG, 178min) ★★★★★
3.10 **The Lord of the Rings: The Two Towers** Fantasy adventure. (2002, 12, 179min) ★★★★★
6.10 **The Lost King** Comedy drama starring Sally Hawkins, Steve Coogan and Harry Lloyd. (2022, 12, 108min) ★★★
8.00 **Where the Crawdads Sing** Drama starring Daisy Edgar-Jones and David Strathairn. (2022, 15, 123min) ★★★
10.20 **Goodfellas** Martin Scorsese's drama starring Robert De Niro. (1990, 18, 143min) ★★★★★
12.50 AM **Jackass Forever** Comedy. (2022, 18, 96min) ★★★
2.40 **Taxi Driver** Martin Scorsese's drama starring Robert De Niro. (1976, 18, 110min) ★★★★★
4.40 **to 6.30** AM **My Neighbor Adolf** Comedy starring Udo Kier. (2022, 12, 96min) ★★

Sky Cinema Greats

304 304 404 504 518

6.20 AM **The Impossible** As 2.15am.
8.20 **Legend** Fantasy adventure. (1985, PG, 94min) ★★★
10.00 **Funny Face** Romantic musical. (1956, U, 103min) ★★★★
11.55 **Groundhog Day** Comedy. (1993, PG, 103min) ★★★★★
1.40 PM **Let's Dance** Musical. (1950, U, 112min) ★★
3.35 **Birdy** Psychological drama. (1984, 15, 120min) ★★★★
5.40 **Jerry Maguire** Comedy drama. (1996, 15, 139min) ★★★★
8.00 **Philadelphia** Oscar-winning drama starring Tom Hanks. A gay lawyer takes his firm to court when he is sacked after his colleagues discover he has Aids. With Denzel Washington. (1993, 12, 122min) ★★★
10.10 **Serpico** Crime drama starring Al Pacino as an idealistic New York cop who blows the whistle on his corrupt police colleagues. (1973, 18, 130min) ★★★★
12.25 AM **The Running Man** Fantasy with Arnold Schwarzenegger. (1987, 18, 101min) ★★★
2.15 **The Impossible** Disaster movie. (2012, 12, 114min) ★★★★
4.20 **to 6.15** AM **Bruce Lee's Big Boss** Martial arts action thriller. (1971, 18, 94min) ★★

Sky Cinema Animation

305 305 412 500 514

6.20 AM **Daisy Quokka: World's Scariest Animal** As 9.05pm.
7.55 **Fly Me to the Moon** (2008)
9.25 **Vic the Viking** As 1.35am.
10.55 **DC League of Super-Pets** Animated comedy adventure. (2022, PG, 105min) ★★★
12.45 PM **Shrek** Animated comedy. (2001, U, 90min) ★★★★★
2.25 **Storks** Animated adventure. (2016, U, 87min) ★★★
4.00 **Ant Bully** Animated adventure. (2006, U, 89min) ★★★★
5.40 **Shrek 2** Animated sequel. (2004, U, 93min) ★★★★★
7.15 **Happy Feet** Animated musical. (2006, U, 108min) ★★★★
9.05 **Daisy Quokka: World's Scariest Animal** Animation. (2020, U, 88min) ★★★
10.40 **Fly Me to the Moon** Animation. (2008, U, 84min) ★★
12.10 AM **Scooby-Doo! and the Curse of the 13th Ghost** Animation. (2019, U, 82min) ★★★
1.35 **Vic the Viking** Animation. (2019, U, 77min) ★★
3.05 **Norm of the North: King-Sized Adventure** Animated comedy. (2019, U, 90min) ★★
4.40 **to 6.05** AM **Scooby-Doo! and the Gourmet Ghost** Animation. (2018, U, 77min) ★★★

Movies 24

325 419

7.00 AM **Sweet Pecan Summer** Drama. (2021, PG, 84min) ★★
9.00 **Redemption in Cherry Springs** Mystery starring Rochelle Aytes. (2021, PG, 84min) ★★
11.00 **Love Hacks** Romantic drama. (2022, PG, 90min) ★★
1.00 PM **The Song to My Heart** Drama. (2022, PG, 85min) ★★
3.00 **Romance on the Menu** Drama. (2020, PG, 90min) ★★
5.00 **Love at Look Lodge** Romantic drama. (2020, PG, 90min) ★★
7.00 **A Snapshot of Forever** Comedy with Natalie Dreyfuss. A photographer's life is turned upside down when a Hollywood star shows up at her vineyard. (2022, PG, 90min) ★★
9.00 **For the Love of Chocolate** Romantic comedy starring Rhiannon Fish and Jesse Hutch. (2021, PG, 85min) ★★
11.00 **Romantic Rewrite** Comedy. (2022, PG, 82min) ★★
1.00 AM **Mystery 101: Deadly History** Drama starring Jill Wagner. (2021, PG, 84min) ★★
3.00 **to 5.00** AM **One Royal Christmas** Drama with Laura Osnes. (2020, U, 89min) ★★

+1 hour 326 420

Talking Pictures

328 445 82 306

6.00 AM **The Larkins** 2/6. (S2)
6.30 **Murder in Soho** Drama. (1939, U, 70min) ★★
7.55 **San Ferry Ann** Comedy. (1965, b/w, U, 55min) ★★
9.00 **Black Saddle** (S2)
9.30 **Open All Night** Drama. (1934, b/w, PG, 62min) ★★
10.45 **Look at Life** Documentary.
10.55 **The Browning Version** Drama. (1951, b/w, U, 90min) ★★★★
12.45 PM **Hindle Wakes** Drama. (1952, b/w, PG, 88min) ★★
2.30 **Crown Court**
3.00 **Johnny O'Clock** Thriller. (1946, b/w, PG, 95min) ★★
4.55 **The Boys Reunion at Elstree Studios** Documentary.
5.25 **The Boys** Courtroom drama. (1962, b/w, PG, 123min) ★★
8.00 **The Saint** 1/9. (S4)
9.00 **Rumpole of the Bailey** (S2)
10.05 **The Pianist** Holocaust drama starring Thomas Kretschmann. (2002, 15, 149min) ★★★★★
12.55 AM **The Challenge** Crime thriller starring Jayne Mansfield. (1960, b/w, PG, 95min) ★★★
2.45 **Harpur and Iles** Mystery. (1997, 12, 90min) ★★
4.35 **to 6.00** AM **She Knows Y'know** Comedy starring Hylda Baker. (1962, b/w, PG, 75min) ★★

Thursday

Sky Sports Main Event

401 401 859 | 511 501 | 420 440

6.00 AM **Sky Sports News**
7.00 **Good Morning Sports Fans**
7.30 **World Cup Breakfast**
8.00 **Good Morning Sports Fans**
8.30 **World Cup Breakfast**
9.00 **Good Morning Transfers**
10.00 **Sky Sports News**
11.00 LIVE **Women's Golf** Coverage of day one of the Women's Open from Walton Heath. At the corresponding stage of last year's tournament, staged at Muirfield in Scotland, Japan's Hinako Shibuno recorded the best round of the day, topping the leaderboard on six-under-par.
6.00 PM LIVE **The Hundred Birmingham Phoenix Men v Welsh Fire Men.** Coverage of the match, which takes place at Edgbaston in Birmingham.
9.30 LIVE **PGA Tour Golf** Coverage of the first day of the St Jude Championship at TPC Southwind in Memphis, Tennessee. The Will Zalatoris won this competition last years after facing Sepp Straka in a play-off, and became the sixth American to win the tournament in the last 10 years.
11.00 PM **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 402 860 | 512 502 | 421 441

6.00 AM **PL Greatest Games**
7.00 **Premier League Legends**
7.30 **World Cup Breakfast**
8.00 **Premier League Best Goals**
8.30 **World Cup Breakfast**
9.00 **Good Morning Transfers**
10.00 **PL Retro** A replay of Arsenal v Manchester United from 2005.
12.00 NOON **Transfer Talk**
1.00 PM **Premier League Years**
3.00 **PL Greatest Games**
4.00 **Premier League Best Goals**
5.00 **The Transfer Show**
5.30 **Premier League 100 Club**
6.00 **Premier League Best Goals**
7.00 **The Transfer Show**
8.00 **Premier League Stories**
8.30 **Gary Neville's Soccerbox** The presenter talks to Robbie Fowler.
9.00 **Premier League 100 Club**
9.30 **Premier League Stories** Documentary looking at Sheffield United's pre-season preparations.
10.00 **Premier League Icons**
10.30 **PL Retro** A replay of Arsenal v Manchester United from 2005.
12.30 AM **Premier League Icons**
1.00 **Premier League Years**
3.00 **PL Greatest Games**
4.00 **Premier League Best Goals**
5.30 **to 6.00** AM **Premier League 100 Club**

Sky Sports Football

403 403 861 | 513 503 | 422 442

6.00 AM **EFL** The 2013/14 play-offs.
9.00 **EFL Cup Highlights**
9.30 **EFL Greatest Games**
10.00 **Championship Retro**
12.00 NOON **EFL Cup** A replay of Burton Albion v Leicester City.
3.30 PM **EFL Highlights**
4.15 **Scottish Premiership Round-Up**
4.30 **SPFL Highlights**
5.00 **Bundesliga** Season preview.
6.00 **Bundesliga Weekly**
6.30 **EFL Highlights**
7.00 **EFL Cup Highlights** Action from Burton Albion v Leicester City. **7.30** Wrexham v Wigan Athletic.
8.00 **Scottish Premiership Round-Up**
8.15 **SPFL Highlights** Action from Celtic v Ross County at Celtic Park.
8.30 **EFL Goals: Leagues 1 & 2** A round-up of goals from the opening round of fixtures.
9.00 **Bundesliga Weekly** A preview of the opening weekend of the 2023/24 season in Germany.
9.30 **EFL Highlights**
10.30 **Scottish Premiership Round-Up** Recent action.
10.45 **SPFL Highlights**
11.00 **EFL Cup Highlights**
12.00 M'T **SPFL Highlights**
5.30 **to 6.00** AM **Best Scottish Premiership Goals 2021/22**

Sky Sports Cricket

404 404 862 | 514 504 | 423 443

6.00 AM **The Hundred** Another chance to see Oval Invincibles Men v Manchester Originals Men.
9.30 **The Hundred** Another chance to see Oval Invincibles Women v Manchester Originals Women.
1.00 PM **The Hundred Bitesize** Matches from both the men's and women's competitions.
2.30 LIVE **The Hundred Birmingham Phoenix Women v Welsh Fire Women.** Coverage of the match, which takes place at Edgbaston in Birmingham.
6.00 LIVE **The Hundred Live Birmingham Phoenix Men v Welsh Fire Men.** Coverage of the match, which takes place at Edgbaston in Birmingham.
9.30 **The Hundred Bitesize** Brief highlights of Birmingham Phoenix Men v Welsh Fire Men. **9.45** Birmingham Phoenix Women v Welsh Fire Women.
10.00 **The Hundred** Another chance to see Birmingham Phoenix Women v Welsh Fire Women.
1.30 AM **The Hundred** Birmingham Phoenix Men v Welsh Fire Men.
5.00 **to 6.00** AM **The Hundred Bitesize**

Sky Sports Golf

405 405 863 | 515 505 | 424 444

6.00 AM **PGA Tour: The Cut**
6.30 **Challenge Tour Golf**
7.00 **Ladies European Tour Golf** The 2020 AIG Women's Open.
8.00 **Women in Golf: Breaking with Tradition** Some of the pioneers shaping the future of golf.
9.00 **Hall or Nothing: Georgia's Story** The career of Georgia Hall.
10.00 **Women's Golf** A preview of the AIG Women's Open in Surrey.
11.00 LIVE **Women's Golf** Coverage of day one of the Women's Open from Walton Heath in Surrey.
6.00 PM LIVE **PGA Tour Golf** Coverage of the opening day of the St Jude Championship, which takes place at TPC Southwind in Memphis, Tennessee.
11.00 **Women's Golf** Action from the opening day of the AIG Women's Open at Walton Heath in Surrey.
12.00 M'T **The Open Zone**
12.30 AM **Challenge Tour Golf**
1.00 **Women's Golf**
2.00 **Golf Academy**
2.30 **The Open Zone**
3.00 **Women's Golf**
4.00 **PGA Tour Golf**
5.00 **Golf Academy**
5.30 **to 6.00** AM **The Open Zone**

TNT Sports 1

410 410 870 | 527 | 408 430

6.00 AM **MotoGP Rewind**
6.15 **PTO Triathlon** The US Open.
7.15 **WWE NXT** Wrestling action.
9.00 **Ariel Helwani Meets**
10.00 **MotoGP Highlights**
11.00 **MotoGP Films**
12.00 NOON **UEFA Champions League** A replay of a qualifying match in the competition.
1.30 PM **UEFA Champions League** A replay of a qualifying match.
3.00 **PTO Triathlon** The US Open.
4.00 **MotoGP Highlights**
5.00 **MLB: Off the Bat**
5.30 LIVE **MLB** Coverage of a Major League Baseball match.
9.00 **MLB Plays of the Week** The week's most exciting plays.
9.30 **Ligue 1 Highlights** A review of the 2022/23 season in France.
10.30 **Ligue 1 Show** A look ahead to the opening day games in Ligue 1.
11.00 **Premier League: Big Interview**
11.30 LIVE **MLB Tampa Bay Rays v St Louis Cardinals.** The inter-league match, staged at Tropicana Field. Start-time is at **11.40pm**.
3.00 AM **2020 World Series Review**
4.00 **MLB Classic** 2021 World Series.
5.00 **to 6.00** AM **MLB 2022 World Series Review**

TNT Sports 2

411 411 871 | 528 | 409 431

6.00 AM **Badminton** Australia Open.
8.00 **Badminton Weekly**
8.15 **MotoGP Rewind**
8.30 **World Rallycross Championship Highlights**
9.30 **WRC Review** Rally Finland.
10.30 **V8 Supercars Highlights**
12.30 PM **Fishing: On the Bank**
1.30 **Badminton Weekly**
1.45 **MotoGP Rewind**
2.00 **Premier League Review**
6.00 **Premier League Preview**
7.00 **Premier League Stories** A look at Sheffield United during their pre-season preparations.
7.30 **Premier League: Big Interview**
8.00 **Ligue 1 Show** A look ahead to the opening day games in Ligue 1.
8.30 **Ligue 1 Goals of the Season** Goals from the French top flight.
9.30 **UFC Greatest Fights** Robbie Lawler v Carlos Condit.
10.00 **UFC: The Ultimate Fighter** Following MMA fighters as they compete against each other.
11.00 **What Went Down** Participants from a classic sporting event reflect on the occasion.
12.00 M'T **UFC** Another chance to see Cory Sandhagen v Rob Font.
3.00 AM **UFC: The Ultimate Fighter**
4.00 **to 6.00** AM **Classic Ligue 1**

TNT Sports 3

417 417 874 | 529 | 410 432

6.00 AM **UEFA Champions League** Qualifying matches from Europe's premier competition.
9.00 **Vanarama National League** Another chance to see Rochdale v Ebbsfleet United.
10.30 **Vanarama National League Highlights** Action from the opening weekend of the season.
11.00 **T20 Cricket Highlights** Action from West Indies v India in the third T20 in the five-match series.
12.00 NOON **Ligue 1** Reims v Marseille. **1.00** PM The key moments from Paris Saint-Germain v Lyon. **2.00** Nantes v Monaco. **3.00** Paris Saint-Germain v Lens. **4.00** Lens v Monaco.
5.00 **WWE Friday Night SmackDown** Wrestling action.
6.30 **WWE Monday Night Raw** Wrestling action from America.
9.00 **WWE NXT Highlights**
10.00 **MotoGP Highlights** Action from the British Grand Prix, which takes place at Silverstone.
11.00 **Fishing: On the Bank** Action from the Sea Angling Classic.
12.00 M'T **PTO Triathlon**
1.00 AM **TNT Sports Reload**
1.30 **Ligue 1 Show**
2.00 **to 6.00** AM **AFL**

Sky Sports Action

407 407 865 | 517 507 | 426 446

6.00 AM **International Rugby Union**
8.10 **My Icon** Leon Pryce.
8.20 **International Rugby Union**
10.30 **Richard Torrez Jr: The Gentleman Boxxer**
11.00 **One Jets Drive**
11.30 **NFL Bitesize Highlights**
12.00 NOON **Good Morning Football**
3.00 PM **Navarrete v Valdez: Made in Mexico** Fight preview.
3.30 **Richard Torrez Jr: The Gentleman Boxxer**
4.00 **Fight Night International**
6.00 **NBC's Pro-Football Talk**
8.00 **One Jets Drive**
8.30 **Chicago Bears: Meet the Rookies** Profiles of all the newest additions to the roster.
9.00 **NFL Hard Knocks: New York Jets** A look at the New York Jets' pre-season training camp.
10.00 **One Jets Drive** A behind-the-scenes look at the New York Jets.
10.30 **Navarrete v Valdez: Made in Mexico** Fight preview.
11.00 **Total Access** A round-up of all the latest NFL news.
12.00 M'T **NFL Hard Knocks**
1.00 AM **NBC's Pro-Football Talk**
3.00 **NFL Hard Knocks**
4.00 **to 6.00** AM **Fight Night International**

Sky Sports Mix

416 416 873 | 510 | 429 449

6.00 AM **PL Greatest Games**
7.00 **Premier League Legends**
7.30 **The Hundred Bitesize**
8.00 **Richard Torrez Jr: The Gentleman Boxxer**
8.30 **Navarrete v Valdez: Made in Mexico** Fight preview.
9.00 **Fight Night International**
10.00 **My Icon** Duke McKenzie.
10.15 **Netball World Cup**
12.30 PM **Betfred Super League Highlights** Top-flight action.
1.00 **Richard Torrez Jr: The Gentleman Boxxer**
1.30 **Navarrete v Valdez: Made in Mexico** Fight preview.
2.00 **The Hundred Bitesize**
2.30 LIVE **The Hundred Live Birmingham Phoenix Women v Welsh Fire Women.** Coverage from Edgbaston in Birmingham.
6.00 LIVE **The Hundred Live Birmingham Phoenix Men v Welsh Fire Men.** Coverage of the match from Edgbaston.
9.30 **The Hundred Bitesize**
10.00 **WNBA** Recent action.
12.00 M'T **Women's Golf**
1.00 AM **Super League Highlights**
1.30 **The Hundred**
5.00 **to 6.00** AM **Women's Golf**

TNT Sports 4

421 421 876 | 530 | 411 434

6.00 AM **Gallagher Premiership Rugby Highlights** Recent action.
7.30 **MLB** Another chance to see Oakland Athletics v Texas Rangers.
10.00 **MLB Plays of the Week**
10.30 **MLB Classic: All-Star 1985**
11.00 **MLB** Another chance to see Oakland Athletics v Texas Rangers.
1.30 PM **MLB Classic: All-Star 1986**
2.00 **MLB Plays of the Week**
2.30 **MLB** Another chance to see Oakland Athletics v Texas Rangers.
5.00 **TNT Sports Reload**
5.30 **UEFA Champions League** Replays of two qualifying matches.
8.30 **V8 Supercars Highlights**
10.30 **World Rallycross Championship Highlights**
11.30 **WRC Review** Rally Finland.
12.30 AM **MotoGP Rewind**
12.45 **Badminton Weekly**
1.00 **Hope United**
1.30 **MotoGP** The British Grand Prix.
5.00 **to 6.00** AM **MotoGP Chequered Flag**

Eurosport 1

413 413 868 | 521 | 412 435

6.00 AM **Mountain Bike World...**
7.00 **Cycling: Road World C'ships**
8.00 **Cycling: Track World C'ships**
9.00 **Climbing World C'ships**
11.00 **Mountain Bike World C'ships**
12.00 NOON **Cycling: Track World...**
1.00 PM **Cycling: Road World...**
1.55 LIVE **Cycling: Road World Championships** The women's time trial from Glasgow.
5.15 LIVE **Mountain Bike World Championships** The men's short-track cross-country event.
6.30 LIVE **Mountain Bike World Championships** The women's short-track cross-country event.
7.30 **Golden Trail World Series**
8.00 **Cycling: Road World C'ships**
9.00 **Mountain Bike World C'ships**
11.00 **Triathlon: PTO Tour**
12.00 M'T **British Superbikes Extra**
1.00 AM **Hall of Fame: Beijing 2008**
2.00 **Cycling: Road World C'ships**
3.00 **Mountain Bike World C'ships**
4.00 **to 6.00** AM **British Superbikes**

Eurosport 2

414 414 869 | 522 | 413 436

6.00 AM **Olympics: La Vie Sportive**
7.00 **Hall of Fame: Beijing 2008**
8.00 **Speedway Grand Prix**
10.00 **BMX World Championship**
11.00 **Climbing World C'ships**
12.00 NOON **British Superbikes**
1.50 PM **BMX World Championship**
2.45 LIVE **BMX World Championships** Coverage of the women's freestyle flatland final staged at Glasgow Green.
4.00 LIVE **BMX World Championships** Coverage of the men's freestyle flatland final from Glasgow Green.
6.00 **World Superbikes**
7.00 **World Superbikes Extra**
8.00 **FIA World Endurance C'ship**
10.00 **Climbing World C'ships**
11.00 **Speedway Grand Prix**
12.00 M'T **Mountain Bike World...**
2.00 AM **Formula E**
4.00 **Cycling: Road World C'ships**
5.00 **to 6.00** AM **Mountain Bike World Championships**

Sky Sports Arena

408 408 866 | 518 508 | 427 447

6.00 AM **Rugby League Retro**
8.00 **Super League Highlights**
9.00 **Women's Super League**
9.15 **Super League Highlights**
10.00 **Super League Superstars**
10.30 **Fight Night International**
12.30 PM **Super League Highlights**
1.00 **Richard Torrez Jr: The Gentleman Boxxer**
1.30 **Navarrete v Valdez: Made in Mexico** Fight preview.
2.00 **Fight Night International**
3.00 **NBA Classic Games**
4.00 **WNBA** A chance to see New York Liberty v Las Vegas Aces.
6.00 **Netball World Cup**
8.00 **Super League's Supermen**
9.00 **Super League Highlights**
9.45 **Women's Super League**
10.00 **Super League Highlights**
1.00 AM **Netball World Cup**
3.00 **NBA Basketball**
5.00 **Richard Torrez Jr: The Gentleman Boxxer**
5.30 **to 6.00** AM **Navarrete v Valdez: Made in Mexico**

Sky Sports F1

406 406 864 | 516 506 | 425 445

6.00 AM **The Home of F1**
11.00 **Formula 1** The Azerbaijan Grand Prix qualifying session.
1.45 PM **The Notebook**
2.15 **F1 Features**
2.30 **Formula 1** The Azerbaijan Grand Prix sprint shoot-out in Baku. **3.30** Highlights of the Azerbaijan Grand Prix sprint race in Baku.
4.30 **The Notebook**
5.00 **Formula 1** The build-up to this year's Azerbaijan Grand Prix. **6.25** A replay of the Azerbaijan Grand Prix, the fourth round of the season at Baku City Circuit. **8.45** Reaction to this year's Azerbaijan Grand Prix in Baku.
9.35 **The Notebook**
10.05 **Graham Hill: World Champion**
10.30 **F1 Academy Highlights**
11.00 **Formula 1** Highlights of the Azerbaijan Grand Prix in Baku.
12.00 M'T **Indycar** Highlights of the Big Machine Music City Grand Prix, staged in Nashville, Tennessee.
1.00 **to 6.00** AM **The Home of F1**

SKY HD SD | VIRGIN HD | BT HD

Friday

11 August

Evening Planner

Football

Premier League
Sky Showcase & Sky Sports, 7pm
England's top flight returns tonight with Man City travelling to Turf Moor to face newly promoted Burnley (kick-off 8pm).

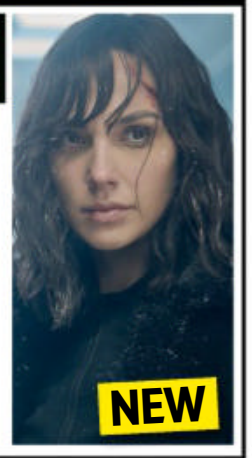
Drama

The Reunion
ITV1, 9pm & 10pm (boxset ITVX)
Ioan Gruffudd plays a novelist obsessed with the disappearance of his French lover 25 years ago in this six-parter.

OnDemand

NETFLIX

Heart of Stone
From today
Wonder Woman's Gal Gadot stars as an MI6 officer who also works for a secret peace-keeping agency.



OnDemand

prime video

Red White & Royal Blue
From today
A feud between Britain's Prince Henry and the US President's son threatens to derail UK-US relations.

SKY EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES								
101 BBC1	7.00 Rip Off Britain...	7.30 Our Lives: Fast...	8.00 Question of...	8.30 Would I Lie to...	9.00 Celebrity...	9.30 Power of Parker	10.00 News; Local News	
102 BBC2	◂ 6.15 The Hundred – Live: Northern Superchargers v Oval Invincibles (Start-time 6.30)					9.30 Mortimer &...	10.00 Pride Live...	10.30 Newsnight
103 ITV1	◂ 6.30 News †	7.30 Emmerdale	8.00 Coronation Street		9.00 The Reunion			
104 CHANNEL 4	7.00 News		8.00 Millionaire Hoarders		9.00 8 Out of 10 Cats Does Countdown		10.00 The Last Leg	
105 CHANNEL 5	7.00 My Cornwall with Fern Britton		8.00 Susan Calman's Summer by the Sea		9.00 Yellowstone		10.00 Film: The Bodyguard	
106 SKY SHOWCASE	◂ 6.30 FNF – Live: Burnley v Manchester City (Kick-off 8.00)							10.15 Mission to Burnley
ENTERTAINMENT								
115 BBC3	7.05 World Cup	7.30 Ruck Stars	8.00 Hire Me: Competing for a Dream Job		9.00 RuPaul's Drag Race Down...	9.50 Film: When Harry Met Sally...		
116 BBC4	7.00 Yuja Wang Plays Rachmaninov at the Proms			8.30 All New Top of the Pops		9.30 Florence and the Machine: Radio 2...		10.30 Lizzo: Live in...
118 ITV2	◂ 6.25 Film: Fantastic Beasts: The Crimes of Grindelwald				9.00 Film: Fast & Furious 8			
136 MORE4	◂ 6.55 The Dog House Australia		7.55 Grand Designs		9.00 Disturbing Disappearances			
135 E4	7.00 Hollyoaks	7.30 Young Sheldon	8.00 Taskmaster Bleeped		9.00 Gogglebox: 10 Year Anniversary Special			
107 SKY WITNESS	7.00 Nothing to Declare		8.00 Caught on Dashcam		9.00 Blue Bloods		10.00 The Good Doctor	
108 SKY ATLANTIC	◂ 6.50 The Sopranos		7.55 Game of Thrones		9.00 Billions		10.00 Domina	
110 GOLD	◂ 6.40 Dad's Army		8.00 dinnerladies	8.40 Miranda		9.20 Not Going Out	10.00 Mrs Brown's Boys	
111 DAVE	7.00 Richard Osman's House of Games			8.20 QI XL		9.20 Would I Lie to You?	10.00 Schitt's Creek	
119 ITV3	7.00 Heartbeat		8.00 Doc Martin				10.00 Law & Order: UK	
120 ITV4	7.00 World Series of Darts: New South Wales Masters							
112 COMEDY CENTRAL	7.00 Friends				9.00 Al Murray: The Pub Landlord		10.00 Jimmy Carr: Making People Laugh	
139 SKY SCI-FI	7.00 Star Trek: The Next Generation		8.00 Star Trek: Voyager		9.00 Westworld			
113 SKY MAX	7.00 Stargate Atlantis		8.00 Rob & Romesh vs Classical Music		9.00 Then You Run		10.00 Strike Back: Retribution	
109 ALIBI	7.00 Person of Interest		8.00 Death in Paradise				10.00 Annika	
130 SKY ARTS	7.00 The Joy of Painting		8.00 Music Icons	8.30 Discovering:...	9.00 The Great Songwriters		10.00 Jeff Buckley: Live in Chicago	
132 W	7.00 MasterChef Australia		8.10 999 Rescue Squad		9.10 24 Hours in A&E			10.15 The Catherine Tate Show
DOCUMENTARY								
125 DISCOVERY	7.00 Street Outlaws: Memphis		8.00 Gold Rush: Mine Rescue with Freddy...		9.00 Expedition Unknown		10.00 The Men Who Sold the World Cup	
162 ANIMAL PLANET	7.00 Crikey! It's the Irwins		8.00 I'm Alive		9.00 I Was Prey		10.00 Alaskan Bush People	
129 NAT GEO	7.00 Air Crash Investigation		8.00 Airport Security: Peru		9.00 Inside North Korea's Dynasty		10.00 America's Hardest Prisons	
123 SKY HISTORY	7.00 Forged in Fire		8.00 Shipwrecks: When History Resurfaces		9.00 Bloody Boston		10.00 First Blood	
155 YESTERDAY	7.00 Bangers & Cash		8.00 Abandoned Engineering		9.00 Great American Railroad Journeys		10.00 Bangers & Cash	
121 SKY DOCS	7.00 The Story of Late Night		8.00 Juan Carlos: Downfall of the King		9.00 Last Call: When a Serial Killer Stalked...		10.05 My Icon	10.15 Mission to Burnley
FILMS - Sky Cinema								
301 PREMIERE	◂ 6.15 Maggie Moore(s)		8.00 A Man Called Otto				10.15 The Silent Twins	
303 HITS	◂ 5.40 Coach Carter		8.00 Wonder Woman					10.25 Scary Movie
304 GREATS	◂ 6.00 Beverly Hills Cop		8.00 Gladiator					
305 ANIMATION		7.20 Gnomeo & Juliet		8.50 Norm of the North: King-Sized Adventure				10.30 Free Birds
306 FAMILY	◂ 5.50 Nanny McPhee & The Big Bang		7.50 E.T. The Extra Terrestrial			9.50 Ghostbusters II		
307 ACTION	◂ 5.45 The Matrix Revolutions		8.00 Fast & Furious 5				10.15 Battle Royale	
308 COMEDY	◂ 6.15 Zoolander 2		8.00 Grown Ups			9.45 Beverly Hills Cop 3		
309 THRILLER	◂ 5.55 No Country for Old Men		8.00 In the Line of Fire				10.15 Law Abiding Citizen	
310 DRAMA	◂ 5.35 A Few Good Men		8.00 Boyz N the Hood			9.55 A Time to Kill		
311 SUMMER SCARES	◂ 6.20 Resident Evil: Extinction		8.00 Resident Evil: Afterlife			9.40 Last Night in Soho		
302 5 STAR MOVIES	◂ 5.55 Sonic the Hedgehog 2		8.00 Top Gun: Maverick				10.15 Spider-Man: No Way Home	
313 FILM4	◂ 6.45 Bend It Like Beckham				9.00 Infinite			
SPORT								
401 MAIN EVENT	◂ 6.30 FNF – Live: Burnley v Manchester City (Kick-off 8.00)							10.45 Mission to Burnley
402 PREMIER LEAGUE	◂ 6.30 FNF – Live: Burnley v Manchester City (Kick-off 8.00)							10.30 Mission to Burnley
403 FOOTBALL	7.00 EFL Cup Highlights		8.00 EFL Highlights	8.30 Bundesliga	9.00 SPFL Highlights	9.30 EFL Cup Highlights		10.30 SPFL / 10.45 EFL
404 CRICKET	◂ 6.00 The Hundred Live – Live: Northern Superchargers Men v Oval Invincibles Men					9.30 The Hundred		
410 TNT SPORTS 1		7.15 Ligue 1 Show	7.45 Ligue 1 – Live: Coverage of a French top-flight match				10.00 PL Preview	10.30 Big Interview
411 TNT SPORTS 2		7.15 AFL			9.15 Inside Serie A			10.15 UFC: The Ultimate Fighter

◂ Denotes programmes starting before 7.00pm † Regions vary

FRIDAY

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Friday

BBC1

101 101 | 101 101 | 1 101 | 101 101/106

6.00 AM **Breakfast** (S)
9.15 **Countryfile Treasures** (S)(R)
10.00 **Dom Does America** (S)(R)
10.30 **Defenders UK** (S)(R)
11.15 **Homes Under the Hammer** (S)(R)
12.15 PM **Bargain Hunt** New edition From Epsom in Surrey. (S)
1.00 **BBC News** (S)
1.30 **Local News** (S)
1.45 **Animal Park: Summer** New edition 5/15. Hamza and the keepers get unique footage of inside the tigers' mouths. (S)(AD)
2.30 **Rick Stein's Cornwall** (S)(R)(AD)
3.00 **I Escaped to the Country** (S)(R)
3.45 **Make It at Market** (S)(R)(AD)
4.30 **The Repair Shop** The team revive an Afro-Caribbean doll. (S)(R)(AD)
5.15 **Pointless** New edition Quiz. (S)
6.00 **BBC News** (S)
6.30 **Local News** (S)

9.30 The Power of Parker

7 PM

7.00 **Rip Off Britain: Holidays** The airlines with stingiest free baggage allowances. (S)(R)
7.30 **Our Lives: Fast Track to Glory** New edition The fortunes of a young woman chasing her first season as a racing driver. (S)

8 PM

8.00 **Question of Sport** New edition With Anthony Ogogo, Joleon Lescott, Jazmin Sawyers and Keely Hodgkinson.
8.30 **Would I Lie to You?** Unseen material from the comedy panel show. (S)(R)

9 PM

9.00 **Celebrity MasterChef** New edition 6/18. The quarter-finalists cook a two-course meal. (S)(AD)
9.30 **The Power of Parker** New episode 3/6. Diane and Kath pursue Martin. (S1) (S)(AD)
■ Entire series on BBC iPlayer

10 PM

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 **FILM 21 Bridges** Thriller starring Chadwick Boseman. An embattled NYPD detective is thrust into a city-wide manhunt for two cop killers, and uncovers a massive conspiracy while on the case. (S) (2019, 15, 90min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.10 AM **Weather for the Week Ahead** Seven-day forecast. (S)
12.15 **to 6.00** AM **BBC News** (S)

• *Alternative schedule* If BBC1 show today's World Cup football, the schedule will be: **6.00am Breakfast 8.15 LIVE Football: Women's World Cup** Coverahe of the second quarter-final. **10.45 Defenders UK 11.30am-12.15pm Homes Under the Hammer**

BBC2

102 102/115 802 | 102 102 | 2 102 | 102 102/106

6.30 AM **Glorious Gardens from Above** Horticulturist Christine Walkden visits Essex. (S)(R)
7.15 **Animal Park** An update on the park's two hyenas. (S)(R)(AD)
8.00 **Sign Zone: Gardeners' World** Monty harvests his potatoes. (S)(R)
9.00 **Nicky Campbell** (S)
11.00 **BBC News** (S)
12.45 PM **Impossible** Game show. (S)(R)
1.30 **Mastermind** Quiz show. (S)(R)
2.00 **Great British Menu** The two remaining south-west chefs try to impress the judges. (S)(R)
2.30 **LIVE Cycling: World Championships** Coverage of the men's individual time-trial, as the annual event continues with day nine from Glasgow. (S)
5.15 **Flog It!** Paul Martin presents from Capesthorne Hall, Cheshire. (S)(R)

6.15 Cricket: The Hundred

6.15 **LIVE Cricket: The Hundred** Northern Superchargers v Oval Invincibles: Coverage of the men's match from Headingley, where the visitors will hope for a repeat of last season's thrilling three-wicket victory. Start-time is at 6.30. (S)

9.30 **Mortimer & Whitehouse: Gone Fishing** Paul and Bob head to a lake deep in the Surrey Hills, and set their eyes and their hearts on catching big carp. (S)(R)(AD)

10.00 **Pride Live at the Apollo** 1/2. Special edition celebrating LGBT+ stand-up comedy. (S)(R)
10.30 **Newsnight** (S)
11.00 **Weather** (S)
11.05 **Golf: The Women's Open** Round two from Walton Heath. (S)
12.05 AM **Earth** (S)(R)(AD)
1.05 **Sign Zone: Panorama** (S)(R)
1.35 **Sign Zone: A Wright Family Holiday** From Cornwall. (S)(R)(AD)
2.05 **Sign Zone: Couples Therapy** (R)
2.35 **Sign Zone: The Hidden World of Hospitality with Tom Kerridge** (R)
3.35 **to 6.00** AM **Previews** (S)

• *Alternative schedule* If BBC1 show World Cup football, the BBC2 schedule will be: **6.30am Bargain Hunt 7.15 Gardeners' World 8.15 Breakfast 9.15 Countryfile Treasures 10.00 Dom Does America 10.45am-12.45pm BBC News**

ITV1

103 103/176 803 | 103/113 | 3 103 | 103 111

6.00 AM **Good Morning Britain** (S)
9.00 **Lorraine** (S)
10.00 **This Morning** (S)
12.30 PM **Loose Women** (S)
1.30 **ITV News** (S)
1.55 **Local News** (S)
2.00 **James Martin's Islands to Highlands** A tour of the Lake District. (S)(R)(AD)
3.00 **Lingo** Quiz show. (S)(R)
4.00 **Tipping Point** Game show . (S)(R)
5.00 **The Chase** Quiz show. (S)(R)
6.00 **Local News** (S)
6.30 **ITV News** (S)

• *Alternative schedule* If ITV1 show today's Women's World Cup football, the schedule will be: **8.00am LIVE Football: Women's World Cup** Coverage of the second quarter-final. Kick-off is at 8.30. **10.45 Ainsley's World Cup Flavours 11.45am-12.30pm Catchphrase**

8.00 Coronation Street

7.30 **Emmerdale** There is confusion at the B&B and Bob shows a darker side, Noah is taken aback, while Lydia has a bright idea. (S)(AD)

8.00 **Coronation Street** Stephen's conscience is pricked when he meets Rufus' son, Gemma strikes a bargain with Henry, Lauren has a job trial at the café, and Peter shocks Carla with a confession. (S)(AD)

9.00 **NEW SERIES The Reunion** 1/6. Mystery with Ioan Gruffudd. A man receives a threatening invitation to his school reunion, where a past disappearance plagues him and his old friends. *See feature, page 7.* (S)(AD)
■ Entire series on ITVX

10.00 **The Reunion** New episode 2/6. Thomas' search for the truth about Vinca leads to a disturbing discovery, while Max gets an unwanted relic from his past. (S1) (S)(AD)
10.50 **ITV News** (S)
11.20 **Local News** (S)
11.35 **The Murder of Molly McLaren: Social Media Murders** A woman killed by her ex-boyfriend. (S)(R)
12.30 AM **Karen Carney's Leaders of the Pack** Rafaelle Souza. (S)(R)
12.55 **Paul Sinha's TV Showdown** (R)
1.30 **Wrestling AEW: Collision** (S)(R)
3.10 **Cooking with the Stars** (S)(R)
4.00 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Katie Piper's Breakfast Show** (S)(SL)(R)

+1 hour 203 | 303 | 35 | 112

CHANNEL 4

104 104/108 804 | 104/108 | 4 104 | 104/106

6.15 AM **Countdown** (S)(R)
6.55 **Cheers** 12&13/22. (S1) (S)(R)
7.50 **Everybody Loves Raymond** (S)(R)
8.40 **Frasier** 12&13/24. (S7) (S)(R)
9.40 **The Big Bang Theory** (S4) (S)(R)
10.35 **The Simpsons** (S)(R)(AD)
11.35 **News** (S)
2.10 PM **Countdown** New edition (S)
3.00 **A Place in the Sun** (S)(R)
4.00 **A New Life in the Sun: Where Are They Now?** (S)(R)
5.00 **Sun, Sea and Selling Houses** A couple search for a characterful property in Almería. (S)(R)
6.00 **The Simpsons** *Dog of Death:* Santa's Little Helper falls ill and vet's bills put a strain on the household budget. (S)(R)(AD)
6.30 **Hollyoaks** Things get ugly between James and the McQueens, while Warren makes a decision. (S)(AD)

9.00 8 Out of 10 Cats Does...

7.00 **News** (S)

8.00 **Millionaire Hoarders** New edition 2/3. Experts sift through the nine-bed Georgian home of retired artists Carole and Roger, which is stuffed with unusual objects that they have collected from around the world. (S)(AD)

9.00 **NEW SERIES 8 Out of 10 Cats Does Countdown** Jimmy Carr hosts as Jon Richardson and Katherine Ryan take on Richard Ayoade and Laura Smyth. Mat Ewins joins lexicographer Susie Dent in Dictionary Corner. (S)

10.00 **The Last Leg** Series finale 7/7. Adam Hills, Josh Widdicombe and Alex Brooker are joined by comedian Rose Matafeo and TV presenter Rylan for a light-hearted review of the past seven days. (S)
11.05 **NEW Adam Hills: Grow Another Foot** The *Last Leg* presenter gets the chance to play rugby league at international level. (S)
12.10 AM **FILM Happy Death Day** Comedy horror with Jessica Rothe. (S)(AD) (2017, 15, 95min) ★★★
1.45 **Ramsay's Kitchen Nightmares USA** From Rhode Island. (S)(R)
2.35 **Come Dine with Me** (S)(R)(AD)
4.40 **Undercover Boss Australia** (R)
5.30 **Beat the Chef** (S)(R)
5.55 **to 6.10** AM **Sunday Brunch Best Bits** (S)(R)

+1 hour 204/208 | 304 | 15 | 121

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

CHANNEL 5

105 105 805 | 105 | 5 105 | 105 105

5.35 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.15 **Storm Huntley** (S)
12.40 PM **Alexis Conran** (S)
1.40 **News** (S)
1.45 **Home and Away** (S)(R)(AD)
2.15 FILM **Deadly Prescription** Medical thriller starring Joanne Kelly and Genelle Williams. (S) (2018, PG, 105min) ★★
4.00 **Bargain-Loving Brits in the Sun** Following ex-army officer Diane as she hosts a black-tie function for a Benidorm charity very important to her. (S)(R)
5.00 **News** (S)
6.00 **Eggheads** The Scramblers take on the quiz experts. (S)(R) **6.30** The Return of Wind Plus take on the Eggheads. (S)(R)
6.55 **News** (S)

8.00 Susan Calman's Summer...

7.00 **My Cornwall with Fern Britton** 1/3. The presenter begins her Cornish odyssey at Halton Quay on the banks of the River Tamar. (S)(R)
7.55 **News** (S)

8.00 **Susan Calman's Summer by the Sea** New edition 3/5. The comedian heads to Margate on the Kent coast where she samples her first-ever tub of cockles and visits the mysterious Shell Grotto. (S)

9.00 **Yellowstone** *No Good Horses:* 3/9. The Duttons deal with a painful family anniversary, Kayce saves a young girl from danger while Jamie and Beth plan their respective political careers. (S1) (S)(R)

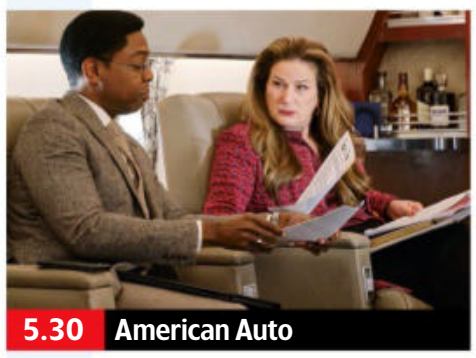
10.00 FILM **The Bodyguard** Romantic thriller starring Kevin Costner and Whitney Houston. A professional bodyguard falls in love with the superstar singer-actress he has been assigned to protect. With Gary Kemp. (S) (1992, 15, 150min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.30 AM **Criminals: Caught on Camera** Documentary. (S)(R)
1.10 **Teleshopping** (S)
3.10 **Red Arrows: Kings of the Sky** 6/6. Documentary. (S)(R)
3.55 **Tribal Teens** (S)(SL)(R)
4.45 **Wildlife SOS** (S)(SL)(R)
5.10 **House Doctor** (S)(SL)(R)
5.35 **to 5.45** AM **Entertainment News** (S)

+1 hour 205 | 305 | 38 | 128

SKY SHOWCASE

106 106 806 | 109 | 340 355

6.00 AM **The Early Rundown**
7.00 **Breakfast with Anna Jones**
8.00 **Monkey Life** (S)(R)
9.00 **Nothing to Declare** (S)(R)
10.00 **The Flash** 1/23. (S4) (S)(R)
11.00 **NCIS: New Orleans** (S7) (S)(R)
1.00 PM **Hawaii Five-0** (S8) (S)(R)
2.00 **MacGyver** 10/15. (S5) (S)(R)
3.00 **The Equalizer** (S3) (S)(R)(AD)
4.00 **A League of Their Own** (S)(R)
5.00 **The Simpsons** *The Bart Wants What It Wants:* Bart falls in love with the daughter of film star Rainier Wolfcastle. (S)(R)
5.30 **American Auto** 3/13. Katherine and the team go to great lengths to woo a new celebrity spokesperson. (S)(R) **6.00** 4/13. Sadie helps prep Katherine for her first post-crisis TV interview. (S2) (S)(R)


5.30 American Auto

6.30 LIVE **Football: Premier League** Burnley v Manchester City: Coverage of the opening match of the season from Turf Moor. Ex-City legend Vincent Kompany makes his top-flight managerial debut against his former club. He guided the Clarets to a return to the Premier League last year and welcomes his former manager Pep Guardiola, who will be looking to become the first manager to lead his side to four consecutive Premier League titles. Kick-off is at 8.00. *See feature, page 28.*

10.15 **Mission to Burnley** 1/4. Documentary telling the story of dramatic rebirth of Burnley FC under the ownership of a charismatic group of Americans. (R)

11.15 **Then You Run** 6/8. Stink falls into the clutches of Reagan's son Darian and the gangster's top hitman Turi. (S1) (S)(R)
12.15 AM **Rob & Romesh vs Classical Music** (S)(R)(AD)
1.15 **The Blacklist** 7/22. (S10) (S)(R)
2.10 **Caught on Dashcam** (S)(R)
3.05 **Hawaii Five-0** (S8) (S)(R)
4.00 **MacGyver** 10/15. (S5) (S)(R)
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky **964**, Virgin **862**, Freesat **964**
No variations

N. IRELAND
Sky **966**, Virgin **863**, Freesat **966**
No variations

WALES
Sky **965**, Virgin **864**, Freesat **965**
7.00-7.30pm Iolo's Borderlands (S)(R) **10.40** Rewind: 60 Years of Welsh Pop New edition (S) **11.10** FILM 21 Bridges (S) (2019, 15, 90min) ★★★ **12.40-6.00am** BBC News (S)

BBC2

N. IRELAND
Sky **969**, Freesat **969**
No variations

WALES
Sky **968**, Freesat **968**
5.15pm Flog It! (S)(R) **5.45-6.15pm** Eisteddfod (S)(R)

ITV1

As main ITV1 except:
WALES
7.00-7.30pm Backstage at the Eisteddfod New edition (S)

S4C

Sky **134**, Virgin **164**, Freesat **120**
6.00am Cyw **9.30** LIVE Eisteddfod Genedlaethol Cymru **12.00noon** Newyddion S4C a'r Tywydd **12.05pm** LIVE Eisteddfod Genedlaethol Cymru **2.00** Newyddion S4C a'r Tywydd **2.05** LIVE Eisteddfod Genedlaethol Cymru **4.00** LIVE Eisteddfod Genedlaethol Cymru **6.00** LIVE Eisteddfod Genedlaethol Cymru **7.30** Newyddion S4C a'r Tywydd **7.50** LIVE Eisteddfod Genedlaethol Cymru **10.30** Y Babell Lên New edition **11.30pm-12.05am** Pa Fath o Bobl.. sy'n Prynu Pen Llyn

TV&Satellite week
New issue on sale now

BBC3

115/117/121 | 107/157 | 23 107 | 179 | 107

BBC3 programmes start at 7.00pm

7.00 PM **The Catch Up**
7.05 **MOTD: Women's World Cup Highlights** Action from the opening two quarter-finals.
7.30 **Ruck Stars** The Scarlets face top side Cardiff, and James has a dilemma.
8.00 **Hire Me: Competing for a Dream Job** Double bill.
9.00 **RuPaul's Drag Race Down Under** New edition 3/8. Australian and New Zealand drag queens compete to be a Drag Race superstar.
9.50 FILM **When Harry Met Sally...** Romantic comedy starring Billy Crystal and Meg Ryan. A man and a woman develop a close friendship – but a sexual attraction threatens to ruin the relationship. (1989, 15, 95min) ★★★★★
11.25 **Some Girls** 3&4/6. (S2)
12.25 AM **Charlotte in Sunderland** Double bill.
1.25 **Hire Me: Competing for a Dream Job**
2.25 **Ruck Stars**
2.55 **to 3.55** AM **Some Girls**

BBC4

116 116 | 107/108 | 9/24 106 | 108

BBC4 programmes start at 7.00pm

7.00 PM NEW **BBC Proms: Yuja Wang Plays Rachmaninov** Klaus Mäkelä conducts the BBC Symphony Orchestra and Yuja Wang in Rachmaninov.
8.30 **Top of the Pops** Featuring Def Leppard, Rick Astley and Kim Wilde from August 1987. **9.00** Performances by Duran Duran, Soft Cell and ELO from August 1981.
9.30 **Florence and the Machine: Radio 2 in Concert** Highlights of the band's concert at the Rivoli Ballroom in London.
10.30 **Lizzo: Live in Concert** A performance by the singer during her 2022 *Special* tour at the Kia Forum in Inglewood, California.
12.00 M'T **Alicia Keys: Live Lounge** Alicia Keys records a session for Radio 1.
12.35 AM **Shania Twain in Hyde Park** A 2017 performance.
1.00 **Dido: Radio 2 in Concert**
2.00 **Top of the Pops**
3.05 **to 3.30** AM **Shania Twain in Hyde Park**

MORE4

136/137 831 | 147 | 18 | 124

8.55 AM **Kirstie's House of Craft**
9.15 **A Place in the Sun**
10.05 **A New Life in the Sun: Road Trip** Documentary.
11.05 **Find It, Fix It, Flog It**
1.10 PM **Heir Hunters**
3.10 **Four in a Bed**
5.50 **The Secret Life of the Zoo** Meerkat Huskie seems to have lost her breeding instincts after losing her pup.
6.55 **The Dog House Australia** New edition A couple look for a pet to join them on their caravan adventures.
7.55 **Grand Designs** Kevin McCloud follows the progress of architect Iain and his wife Jenny, who intend to build an enormous black minimalist building in the middle of a 19th-century Scottish country estate.
9.00 **Disturbing Disappearances** New episode Commander Gabrielle Perez hunts for an 11-year-old boy who has vanished from hospital and whose life is believed to be at risk. Subtitled. (S1)
11.00 **24 Hours in A&E** An 80-year-old woman is having difficulty breathing. **12.00** M'T A 39-year-old man is treated for injuries sustained in a car accident.
1.05 AM **8 Out of 10 Cats Does Countdown**
2.10 **24 Hours in A&E**
3.15 **to 3.40** AM **Food Unwrapped**

+1 hour 236/237 | 347 | 125

E4

135/136 830 | 106 | 13 | 122

6.00 AM **Hollyoaks**
7.00 **Ramsay's Kitchen Nightmares USA**
9.00 **Young Sheldon**
10.00 **Brooklyn Nine-Nine**
11.00 **Modern Family**
12.00 NOON **The Big Bang Theory** (S10&7)
2.00 PM **The Neighborhood**
3.00 **Modern Family**
4.00 **Young Sheldon**
5.00 **The Big Bang Theory**
7.00 **Hollyoaks** Dilly opens up to Ethan about her past.
7.30 **Young Sheldon** 5/22. The brainbox uses statistics to help the football team. (S1)
8.00 **Taskmaster Bleeped** The comedians face challenges involving cottage pie, martial arts and a luggage trolley.
9.00 **Gogglebox: 10 Year Anniversary Special** Highlights from the first 10 years of the show, looking back at how a nation survived lockdowns and a revolving door of prime ministers.
10.40 **Naked Attraction** Sarah from Plymouth becomes the first ever returning picker. **11.40** A sex therapist and a content creator take part.
12.40 AM **Impractical Jokers**
1.40 **Gogglebox**
2.35 **The Big Bang Theory**
3.25 **Brooklyn Nine-Nine**
4.15 **Black-ish**
5.05 **to 6.00** AM **Modern Family**

+1 hour 235/236 | 306 | 30 | 123

Friday primetime

FRIDAY Entertainment

Friday

Sky Witness

107 107 807 | 110 | 341 356

6.00 AM **Air Ambulance ER**
7.00 **Border Security: Canada's Front Line** Double bill.
8.00 **Border Patrol**
10.00 **Stop, Search, Seize**
11.00 **The Rookie** 15/22. (S4)
12.00 NOON **FBI: Most Wanted** 13/14. The team hunt for a vicious cyber-stalker. (S1)
1.00 PM **FBI: International** 21/21. A private jet is shot down over Europe. (S1)
2.00 **Blue Bloods** 9/16. (S11)
3.00 **The Equalizer** 7/18. (S3)
4.00 **Nothing to Declare**

3.00 The Equalizer

7 PM

7.00 **Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.

8 PM

8.00 **Caught on Dashcam** Road disasters captured on video by drivers' dashboard cameras.

9 PM

9.00 **Blue Bloods** *The Common Good:* 10/16. A high-profile video game player is murdered. (S11)

10 PM

10.00 **The Good Doctor** *The Good Lawyer:* 16/22. Shaun looks for legal representation to help him win a case. (S6)
11.00 **Law & Order: SVU** (S24)
12.00 M'T **Law & Order: Organized Crime** 12/22. (S3)
1.00 AM **The Equalizer** 6/18. (S3)
2.00 **Bull** 3/22. (S3)
3.00 **Chicago Fire** 4/22. (S10)
4.00 **Stop, Search, Seize**
5.00 **to 6.00** AM **Air Ambulance ER**

+1 hour 207 310

Sky Atlantic

108/109 108/109 808 | 342 357

6.00 AM **Urban Secrets**
7.55 **Boardwalk Empire** (S3)
10.05 **The Sopranos** (S6)
12.15 PM **Game of Thrones** (S2)
1.20 **Britannia** 2&3/8. (S3)
3.30 **Boardwalk Empire** 7/12. Eli tries to get back into Nucky's good books. **4.35** 8/12. Nucky pays a visit to Andrew Mellon. (S3)
5.45 **The Sopranos** 16/21. Tony is bitten by the gambling bug. **6.50** 17/21. AJ is inconsolable after his split from Blanca. (S6)

9.00 Billions

7.55 **Game of Thrones** *What Is Dead May Never Die:* 3/10. Tyrion identifies Cersei's spy, and Catelyn tries to foster an alliance with the Baratheons. (S2)

9.00 **NEW SERIES Billions** *Tower of London:* 1/12. Return of the drama starring Paul Giamatti and Damian Lewis. (S7)

10.00 **Domina** *Secrets:* 4/8. Livia's marriage to Gaius is compromised when she learns she cannot bear any children. (S1)
11.10 **True Detective** 4/8. Dora's ex-husband Charlie gives the duo a new lead. (S1)
12.15 AM **The Staircase** 7/8. (S1)
1.25 **Banshee** 7/10. (S1)
2.30 **Game of Thrones** 3/10. (S2)
3.35 **In Treatment** (S2)
4.05 **to 6.00** AM **Urban Secrets**

+1 hour 208/209

Sky Max

113/114 113/114 | 111 | 346 361

6.00 AM **Stargate Atlantis** (S3)
8.00 **Supergirl** 19/23. (S3)
9.00 **DC's Legends of Tomorrow**
10.00 **The Flash** 1/23. (S4)
11.00 **NCIS: New Orleans** (S7)
1.00 PM **Hawaii Five-0** 1/25. (S8)
2.00 **MacGyver** 10/15. (S5)
3.00 **DC's Legends of Tomorrow**
4.00 **Supergirl** 20/23. (S3)
5.00 **The Flash** 1/23. A powerful armoured villain threatens to level Central City. (S4)
6.00 **Stargate Atlantis** 9/20. Sheppard and Ronon come under mind control. (S3)

9.00 Then You Run

7.00 **Stargate Atlantis** *The Return – Part One:* 10/20. Ancients return to reclaim a lost city. With Richard Dean Anderson. (S3)

8.00 **Rob & Romesh vs Classical Music** Rob and Romesh are invited to join the London Philharmonic Orchestra.

9.00 **Then You Run** New episode 6/8. Stink falls into the clutches of Turi and Darian. (S1)
■ Entire series on Box Sets

10.00 **Strike Back: Retribution** 2/10. Section 20 start to close in on terrorist Omair Idrisi and his wife Jane Lowry. (S6)
11.00 **Fast & Furious: Greatest Moments Refuelled**
12.00 M'T **The Blacklist** 7/22. Ressler hits a milestone. (S10)
1.00 AM **Road Wars**
2.00 **Caught on Dashcam**
3.00 **Hawaii Five-0** 1/25. (S8)
4.00 **MacGyver** 10/15. (S5)
5.00 **to 6.00** AM **Motorbike Cops**

ITV2

118 118 816 | 115 | 6 | 113

6.00 AM **World's Funniest Videos**
6.35 **Guinness World Records**
7.00 **Dress to Impress**
8.00 **One Tree Hill** 1/22. (S8)
9.00 **Dawson's Creek** 4/23. (S4)
10.00 **Secret Crush**
11.00 **Dress to Impress**
12.00 NOON **Dinner Date**
1.00 PM **Family Fortunes**
2.00 **Chuck** 10/13. (S5)
3.05 **One Tree Hill** 2/22. (S8)
4.00 **Dawson's Creek** 5/23. (S4)
4.55 **Dinner Date**
5.55 **In for a Penny**

6.25 The Crimes of Grindelwald

6.25 **FILM Fantastic Beasts: The Crimes of Grindelwald** Fantasy adventure starring Eddie Redmayne. Newt Scamander tries to scupper a sorcerer's plans of raising pure-blood wizards. (2018, 12, 133min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **FILM Fast & Furious 8** Action adventure sequel starring Vin Diesel and Charlize Theron. Racing criminal Dominic Toretto is recruited by a terrorist, setting him at odds with his old gang. (2017, 12, 136min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.40 **Family Guy** 16/21. The dry cleaner loses Peter's shirt. **12.10** AM 6/21. Lois displays skill as a boxer. (S9)
12.40 **American Dad!** (S10)
1.40 **Shopping with Keith Lemon**
2.10 **to 3.00** AM **Iain Stirling's CelebAbility**

+1 hour 218 315 29 114

ITV3

119 119 817 | 117 | 10 | 115

6.00 AM **Classic Emmerdale**
7.00 **Classic Coronation Street**
8.05 **Never the Twain**
9.15 **The Royal** Double bill.
11.35 **Heartbeat**
1.45 PM **Classic Emmerdale**
2.45 **Classic Coronation Street**
3.50 **A Touch of Frost** *Penny for the Guy:* DI Jack Frost races against time to locate a psychopathic kidnapper.
6.00 **Heartbeat** *Blast from the Past:* Walker confronts his past when he undertakes an unofficial crime investigation.

8.00 Doc Martin

7.00 **Heartbeat** *Icon:* Bellamy and Walker hunt for stolen Russian icons and discover an ex-convict might be involved.

8.00 **Doc Martin** *Faith:* 4/8. Morwenna is happy when her parents pay a visit, only to discover her mother has cancer.

9.00 **Doc Martin** *From the Mouths of Babies:* 5/8. Louisa has problems at school, and Al has a large whiskey order. (S8)

10.00 **Law & Order: UK** *Tremors:* 2/6. Sam is suspended from duty and decides to spend some time with his son. (S7)
11.00 **Unforgotten** 5/6. Cassie investigates whether suspects could be victims of abuse. **12.00** M'T 6/6. Cassie doesn't believe Sara's alibi and looks into a revenge plan. (S2)
1.10 AM **Never the Twain**
2.15 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 59 116

BBC Scotland

SCOT 115 108 9 106 106
REST OF UK 187 162 110

12.00 NOON **This Is BBC Scotland**
7.00 PM **The Seven**
8.00 **Inside Central Station** 1/6. Heavy rainfall causes travel chaos for passengers attempting to travel south.
9.00 **The Hunt for the World's End Killers** 1/2. Documentary about the investigation into the murder of two women in Edinburgh in 1977.
10.00 **Still Game** 4/6. Tight-fisted Tam prepares to make an honest woman of Frances. (S4)
10.30 **Burnistoun** 3/6. A hitman has difficulty assembling his weapon, and an awkward question is asked on the top deck of a bus. (S1)
11.00 PM **to 12.00** M'T **TRNSMT** New edition 4/6. With George Ezra, Becky Hill, Niall Horan, Cat Burns and The 1975.

Sky Comedy

114/115 | 112 | 347 362

8.00 AM **Sort Of** (S2)
9.00 **Entourage** (S2)
10.00 **The Conners** (S2)
11.00 **American Auto** (S1)
11.30 **Veep** 4&5/10. (S3)
12.50 PM **How to Make It in America** 1/8. (S2)
1.30 **Entourage** (S2)
2.30 **Fresh Prince of Bel Air**
3.30 **The Conners** (S2)
4.30 **Sort Of** 6&7/8. (S2)
5.30 **American Auto** (S1)
6.00 **Will & Grace** (S8)
7.00 **Fresh Prince of Bel Air**
8.00 **The Office (US)** (S3)
9.00 **Sex and the City** 17/18. Samantha's former assistant throws a party. **9.35** 18/18. Big tells Carrie he is engaged, while Miranda and Steve get back together. (S2)
10.15 **And Just Like That...**
11.15 **Bloods** 10/10. (S2)
11.45 **Work in Progress** (S1)
12.55 **Breeders** 7&8/10. (S1)
1.55 **The Comeback** (S2)
3.20 **Sort Of** 8/8. (S1)
3.45 **to 5.00** AM **Veep**

Sky Arts

130/131 140 123 11 147 365

6.00 AM **Beethoven: The Complete Symphonies**
6.45 **Pavarotti: A Voice for the Ages**
8.00 **Watercolour Challenge**
9.00 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **Discovering**
12.00 NOON **Joy of Painting**
1.00 PM **Tales of the...**
2.00 **Watercolour Challenge**
3.00 **Celebrity Portrait Artist of the Year 2018**
4.00 **Discovering**
5.00 **Tales of the Unexpected**
6.00 **Hitchcock Presents**
7.00 **Joy of Painting**
8.00 **Music Icons**
8.30 **Discovering: Paul Simon**
9.00 **The Great Songwriters** New edition Mike Scott.
10.00 **NEW Jeff Buckley: Live in Chicago**
12.10 AM **Tina Turner: What's Love Live**
2.25 **Music Icons**
3.25 **Marvin Gaye: What's Going On** Documentary.
4.45 **to 6.00** AM **Auction**

Pick

151 | 135 | 36 | 144

7.00 AM **Border Security: America's Front Line**
8.00 **Nothing to Declare**
9.00 **Motorway Patrol**
10.00 **Highway Cops**
11.00 **Highway Patrol**
12.00 NOON **Motorway Patrol**
1.00 PM **Border Patrol**
2.00 **Border Security: America's Front Line**
3.00 **Nothing to Declare**
4.00 **Warehouse 13** (S3)
5.00 **Quantum Leap** (S1)
6.00 **Merlin** 7/13. (S2)
7.00 **Star Trek: Voyager** (S6)
8.00 **NCIS: New Orleans** (S7)
9.00 **Forensics: Catching the Killer** Documentary.
10.00 **Grimm** 10/13. (S6)
11.00 **Snapped** Candie Zito.
12.00 M'T **Murders That Shocked the Nation**
1.00 AM **The Force: North East** Documentary.
2.00 **UK Border Force**
3.00 **Highway Patrol**
4.00 **Motorway Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Be

131/132 | 119 | 28 | 119

7.00 AM **Sam and Billie: The Mummy Diaries**
8.00 **Buying and Selling**
9.00 **LittleBe**
12.00 NOON **Sugar Showdown**
12.25 PM **Real Housewives of Beverly Hills**
1.20 **Sam and Billie: The Mummy Diaries**
2.20 **The Only Way Is Essex**
3.05 **Dinner Date**
4.05 **The Real Housewives of Atlanta** Reality series.
5.00 **The Real Housewives of Orange County**
6.00 **Masters of Flip**
7.00 **Buying and Selling**
8.00 **Jane the Virgin** New episode 6/17. (S4)
9.00 **Botched**
10.00 **Love Island USA** New edition New bombshell Harrison gets to know the girls.
11.00 **Ready to Mingle**
12.00 M'T **Only Way Is Essex**
12.45 **to 1.00** AM **Unwind**

+1 hour 319 58

GREAT! tv

157 | 170 | 50 | 142

6.00 AM **Sue Thomas: F.B.Eye** 8&9/19. (S2)
8.00 **Highway to Heaven**
9.00 **Danielle Steel's A Perfect Stranger**
11.00 **Castle** 1&2/23. (S6)
1.00 PM **Sue Thomas: F.B.Eye** 15&16/19. (S2)
3.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
7.00 **M*A*S*H** (S5&6)
9.00 **Randall and Hopkirk (Deceased)** *The Ghost Who Saved the Bank at Monte Carlo:* 11/26. Marty's aunt needs protection. (S1)
10.00 **The Persuaders!** *The Time and the Place:* 6/24. A body is found in a country wood. (S1)
11.00 **Return of the Saint**
12.00 M'T **M*A*S*H** (S5&6)
2.00 AM **Randall and Hopkirk (Deceased)**
3.00 **The Persuaders!** (S1)
3.50 **to 4.00** AM **Great! Movie News Extra**

+1 hour 257 62 143

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 120 818 118 26 117

6.00 AM **The Best of the 80s**
6.10 **Minder**
7.15 **The Sweeney**
8.10 **The Champions**
9.20 **Robin of Sherwood**
10.30 **Magnum, PI**
11.35 **Extreme Salvage Squad**
12.35 PM **The Champions**
1.35 **Robin of Sherwood**
2.45 **Magnum, PI**
3.50 **The Sweeney**
5.00 **Minder**
6.00 **Extreme Salvage Squad** A 10-metre steel-hulled yacht.

5.00 Minder

7.00 **World Series of Darts: New South Wales Masters** Action from the opening day of the sixth round of the series, which takes place at WIN Entertainment Centre in Wollongong. Eight seeded players faced eight of the best players from Australia and New Zealand to compete for a quarter-final spot. Commentary by Stuart Pyke, Mark Webster and Dan Dawson.

11.00 **Wrestling: AEW Dynamite** Featuring world-class talent including Jon Moxley, Chris Jericho, Bryan Danielson and Claudio Castagnoli.
1.05 AM **Heathrow: Britain's Busiest Airport** Double bill.
2.05 **to 3.00** AM **The Sweeney**

+1 hour 220 318 60 118

Sky Sci-Fi

139/140 836 122 348 363

6.00 AM **Merlin** 2/13. (S3)
7.00 **The Outpost** 4/13. (S4)
8.00 **Teleshopping**
11.00 **Pandora** 8/10. (S2)
12.00 NOON **Star Trek: The Next Generation** 16&17/26. (S3)
2.00 PM **Merlin** 2/13. (S3)
3.00 **Pandora** 8/10. (S2)
4.00 **Stargate SG-1** 5/22. (S1)
5.00 **Stargate Atlantis** 4/20. The mission to rescue McKay goes awry. (S2)
6.00 **Star Trek: The Next Generation** 16/26. Data creates a daughter. (S3)

5.00 Stargate Atlantis

7.00 **Star Trek: The Next Generation** *Sins of the Father:* 17/26. Worf fights to save his family's honour. (S3)

8.00 **Star Trek: Voyager** *Barge of the Dead:* 3/26. B'Elanna Torres has a near-death experience. (S6)

9.00 **Westworld** *Contrapasso:* 5/10. Delores and William find themselves in Pariah, a town built on decadence and transgression. **10.10** *The Adversary:* 6/10. Elsie discovers evidence that could point to sabotage. (S1)

11.20 **Monstrous** 5/6. Governor Kwon changes his opinion and abandons the infected. **12.10** AM 6/6. Soo-jin has to save Ki-hoon from the haunted statue. Subtitled. (S1)
1.00 **Wynonna Earp** 6&7/12. (S4)
3.00 **Stargate Atlantis** 4/20. (S2)
4.00 **to 6.00** AM **Star Trek: The Next Generation**

+1 hour 241 320 130

Alibi

109/110 809 114 343 358

7.15 AM **Murdoch Mysteries** (S11)
9.00 **Deception** 7/13. (S1)
10.00 **Hudson & Rex** 12/16. (S1)
11.00 **Without a Trace** 16/23. (S1)
12.00 NOON **The Doctor Blake Mysteries** 2/8. (S3)
1.00 PM **Death in Paradise** (S1)
2.00 **Murdoch Mysteries** (S11)
4.00 **Deception** 7/13. (S1)
5.00 **Hudson & Rex** 12/16. Donovan's ex wakes up with a dead roommate. (S1)
6.00 **Without a Trace** 16/23. A girl disappears from a psychiatric hospital. (S1)

6.00 Without a Trace

7.00 **Person of Interest** *The Perfect Mark:* 7/23. The Machine directs Finch to an unlicensed, crooked hypnotherapist. (S3)

8.00 **Death in Paradise** *Missing a Body?* 4/8. A holiday maker confesses to shooting dead her husband. (S1)

9.00 **Death in Paradise** *Beyond the Shining Sea – Part Two:* 6/8. Tragedy strikes close to home for the team. (S8)

10.00 **Annika** 1/6. Crime drama. A phone with a brutal drowning recorded on it is handed in to MHU headquarters. (S2)
11.00 **Person of Interest** As 7pm.
12.00 M'T **Hudson & Rex** As 5pm.
1.00 AM **Deception** 7/13. When the mystery woman kidnaps Cameron, the FBI call on Jonathan Black. (S1)
2.00 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

GOLD

110/111 110/111 124 344 359

7.25 AM **Highlights**
9.20 **Are You Being Served?**
10.00 **Still Open All Hours**
10.40 **Last of the Summer Wine**
12.00 NOON **Keeping Up...**
12.40 PM **2point4 Children**
1.20 **Dad's Army**
2.00 **Still Open All Hours**
2.40 **Are You Being Served?**
3.20 **Last of the Summer Wine**
4.40 **Keeping Up Appearances**
5.20 **Are You Being Served?**
6.00 **The Good Life**
6.40 **Dad's Army**

9.20 Not Going Out

7.20 **Dad's Army** Last-ever episode. Jones decides to make an honest woman of Mrs Fox.

8.00 **dinnerladies** Tony worries Bren will be distracted during her TV debut.
8.40 **Miranda** Penny tries to find a suitable man for Miranda at a party.
9.20 **Not Going Out** Lucy complains neither of the flatmates are man enough to quell a noisy neighbour.

10.00 **Mrs Brown's Boys** Newlyweds Dermot and Maria argue.
10.40 **Not Going Out** Lee attempts speed-dating.
11.20 **dinnerladies** As 8pm.
12.00 M'T **Not Going Out**
12.40 AM **The Fast Show** Unlucky Alf buys a parrot.
1.20 **Mrs Brown's Boys**
2.00 **Not Going Out**
2.45 **Inside No 9**
3.15 **to 4.00** AM **The Fast Show**

+1 hour 210/211 324

Dave

111/112 127 19 157

7.10 AM **Yianni: Supercar Customiser** Double bill.
8.00 **Top Gear** With Andy Garcia.
9.00 **The Force: Behind the Line**
10.00 **Train Truckers**
11.00 **Rick Stein's Cornwall**
12.00 NOON **Ultimate Movers**
1.00 PM **Cop Car Workshop**
2.00 **Top Gear** Double bill.
4.00 **Richard Osman's House of Games** With Elis James.
4.40 **Room 101** With Warwick Davis.
5.20 **Would I Lie to You?**
6.00 **Top Gear** With Andy Garcia.

7.00 House of Games

7.00 **Richard Osman's House of Games** With YolanDa Brown and John Thomson. **7.40** Nish Kumar, Clara Amfo, Anneka Rice and Al Murray compete.

8.20 **Would I Lie to You?** With Claudia Winkleman, Clive Anderson, Miranda Hart and Jason Manford.

9.00 **QI XL** Liza Tarbuck, Susan Calman and Sandi Toksvig join regular panellist Alan Davies and host Stephen Fry.

10.00 **Schitt's Creek** 13/13. David goes out on a date with Patrick. (S3) **10.30** 1/13. A guest dies in the motel. (S4)
11.00 **Would I Lie to You?** With Greg Davies and Alex Jones. **11.40** With Alan Davies.
12.20 AM **Mock the Week**
1.35 **Would I Lie to You?**
2.55 **Richard Osman's House of Games** With Colin Murray.
3.25 **to 4.00** AM **This Country**

+1 hour 211 327 57

Friday

7 PM 8 PM 9 PM 10 PM

4seven

137/138 143 49 127

9.00 AM **Come Dine with Me**
11.30 **A New Life in the Sun: Where Are They Now?**
12.30 PM **A Place in the Sun: Home or Away**
2.30 **Sun, Sea and Selling Houses** From Almería.
3.30 **Come Dine with Me**
6.00 **A Place in the Sun**
7.00 **Ramsay's Kitchen Nightmares USA**
8.00 **The Dog Academy**
9.00 **24 Hours in A&E** A 21-year-old man is rushed in after a motorbike accident.
10.00 **999: On the Front Line** Paramedics are called to reports of a man collapsed in the street and in cardiac arrest.
11.05 **Gogglebox**
1.10 AM **Sky Coppers**
2.15 **8 Out of 10 Cats Does Countdown**
3.20 **Bake Off: The Professionals**
4.15 **to 4.45** AM **Four in a Bed**

5USA

141/169 120/162 21 129

9.00 AM **NCIS** 23/23. (S1)
9.55 **Entertainment News**
10.00 **NCIS** 1&2/23. (S2)
11.55 **Entertainment News**
12.00 NOON **Law & Order**
6.00 PM **NCIS** *Caught on Tape:* 15/23. A Marine's dead body is found at the bottom of a cliff. **7.00** *Pop Life:* 16/23. A bartender wakes up next to the dead body of a woman. **8.00** *An Eye for an Eye:* 17/23. Two human eyeballs are sent to a petty officer's home. **9.00** *Bikini Wax:* 18/23. The team investigate the case of a petty officer found dead backstage at a beauty pageant. (S2)
10.00 **Law & Order: Special Victims Unit** (S19)
11.55 **NCIS** 22&23/24. (S14)
1.50 AM **Law & Order**
3.35 **to 4.00** AM **Criminals: Caught on Camera**

+1 hour 241 320 130

5STAR

128/129 126 32 131

8.00 AM **Bargain-Loving Brits in the Sun**
10.00 **Car Pound Cops: Give Me My Car Back!**
11.00 **Nightmare Tenants, Slum Landlords**
12.00 NOON **Traffic Cops**
2.00 PM **Police Interceptors**
5.00 **Dogs Behaving (Very) Badly**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** A baby undergoes surgery.
8.00 **Cops 'n' Robbers: Caught on Camera** Police bodycams record an armed siege.
9.00 **FILM Contagion** Medical thriller starring Matt Damon. (2011, 12, 106min) ★★★★
11.10 **FILM Max Payne** Crime action thriller. (2008, 15, 99min) ★★★
1.15 AM **Skin A&E**
2.10 **to 3.00** AM **Adults Only: Porn Star Parents**

+1 hour 228/229 326 141

5Action

150 130 33 132

9.00 AM **Entertainment News**
9.15 **Trucking Hell**
10.15 **Traffic Cops**
11.15 **Police Interceptors**
12.20 PM **FILM Support Your Local Gunfighter** Western spoof. (1971, U, 92min) ★★★
2.10 **FILM Six Black Horses** Western adventure. (1961, PG, 80min) ★★
4.00 **Trucking Hell**
5.00 **Traffic Cops**
6.00 **Police Interceptors**
9.00 **Police: Suspect No 1** Detectives investigate a series of burglaries.
10.00 **Motorway Cops: Catching Britain's Speeders** The hunt for an uninsured driver.
11.00 **FILM In the Line of Duty** Thriller. (2019, 15, 88min) ★★★
1.05 AM **Armed & Dangerous: Criminals Caught on Camera**
2.00 **Trucking Hell**
2.50 **to 3.00** AM **Entertainment News**

W

132/133 827 125 25 156

6.00 AM **Nigel Slater's Simple Suppers**
6.35 **Plate of Origin**
8.05 **Tipping Point**
10.00 **The Block: Australia** New edition
11.30 **Nigellissima**
12.00 NOON **MasterChef Australia** Cooking show.
1.00 PM **Tipping Point**
4.00 **My Dream Home**
6.00 **Property Brothers: Forever Homes**
7.00 **MasterChef Australia** New edition Contestants must choose one of three ingredients that have inspired the judges during their childhood.
8.10 **999 Rescue Squad**
9.10 **24 Hours in A&E**
10.15 **The Catherine Tate Show** Triple bill of the comedy sketch show.
12.15 AM **One Born Every Minute** Documentary.
1.25 **Bang on Budget**
2.15 **to 3.00** AM **Date Night**

+1 hour 232/233 325

Drama

143 116 20 158

7.10 AM **Pie in the Sky**
8.00 **Lovejoy**
9.10 **Classic Holby City**
10.35 **Casualty**
11.40 **The Bill**
12.40 PM **Classic EastEnders**
2.00 **The House of Eliott**
3.00 **Lovejoy**
4.10 **Peak Practice**
5.20 **Waiting for God**
6.00 **Whatever Happened to the Likely Lads?**
6.35 **Last of the Summer Wine** Double bill.
8.00 **Father Brown** *The Mysteries of the Rosary:* Father Brown and Sid try to find the mythical Lannington Rosary. **9.00** *The Daughters of Jerusalem:* The priest suffers a broken leg.
10.00 **New Tricks**
11.20 **Silent Witness**
1.40 AM **Waiting for God**
2.20 **Classic Holby City**
3.20 **to 4.00** AM **Birds of a Feather**

+1 hour 243 316 60

Really

142 128 17 160

6.00 AM **Fantasy Homes by the Sea** From Kent.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
10.00 **The Bidding Room**
11.00 **Antiques Road Trip**
12.00 NOON **Money for Nothing** A pair of chairs.
1.00 PM **A Place in the Sun**
2.00 **My 600lb Life**
3.00 **Say Yes to the Dress: UK** Double bill.
4.00 **Animal Cops**
5.00 **Helicopter ER**
6.00 **The Yorkshire Auction House** A haul of silver.
7.00 **Antiques Road Trip**
9.00 **Ghost Adventures** New edition From LA.
10.00 **The Haunted Museum** New edition
12.00 M'T **Unexplained: Caught on Camera**
1.00 AM **Ghost Adventures:**
2.00 **Teleshopping**
4.00 **Animal Cops**
5.00 **to 6.00** AM **Dr Jeff: Rocky Mountain Vet**

Challenge

145 139 48 146

7.00 AM **The Chase**
10.00 **Catchphrase**
11.00 **Sign2Win** Double bill.
11.30 **Wheel of Fortune**
1.00 PM **Family Fortunes**
2.00 **Classic Who Wants to Be a Millionaire?** Quiz.
3.00 **Strike It Lucky**
4.00 **Blockbusters**
5.00 **Bullseye** Double bill.
6.00 **Classic Who Wants to Be a Millionaire?** Quiz.
7.00 **Pointless Celebrities** A star-studded version of the general knowledge quiz show.
8.00 **The Chase** Double bill of the quiz show hosted by Bradley Walsh.
10.00 **Classic Who Wants to Be a Millionaire?** Big-money quiz show hosted by Chris Tarrant.
11.00 **Bullseye** Triple bill.
12.30 AM **Sign2Win**
1.00 **The Chase** Triple bill.
4.00 AM **Classic Who Wants to Be a Millionaire?**
5.00 **to 6.00** AM **Bullseye**

GREAT! action

323 426 42 305

6.00 AM **M*A*S*H** (S8)
6.30 **Wild West Chronicles**
7.30 FILM **Global Meltdown** Thriller. (2017, PG) ★
9.10 **Battle Honours**
11.30 **M*A*S*H** 14/25. (S8)
12.00 NOON **Wild West Chronicles** Double bill.
1.00 PM FILM **Wyatt Earp's Revenge** Western. (2012, 12, 88min) ★★
2.55 FILM **Four Fast Guns** (1960, b/w, U) ★★
4.30 **The Panzer**
5.25 FILM **Don't Panic Chaps** Comedy. (1959, b/w, PG, 84min) ★★★
7.10 FILM **10,000 Days** Drama. (2014, 12) ★
9.00 FILM **Badland** Western. (2019, 12, 90min) ★★
11.30 FILM **Ca$h** Thriller starring Sean Bean. (2010, 15, 108min) ★★
1.50 **to 4.00** AM FILM **The Art of War II: Betrayal** Thriller. (2008, 15) ★★

+1 hour 324

GREAT! movies

321 425 34 302

9.00 AM FILM **Hunt for Truth** (2016, PG) ★★
11.00 FILM **Deadly Vows** Drama. (2017, PG) ★★
1.00 PM FILM **Disappearing Game: An Aurora Teagarden Mystery** Drama. (2018, PG) ★★
3.00 FILM **Mega Shark vs Mecha Shark** Fantasy. (2014, 15, 85min) ★★
4.45 FILM **Krull** Fantasy. (1983, PG) ★★★
7.10 FILM **Daddy Day Camp** Comedy. (2007, PG) ★★
9.00 FILM **The Lost City of Z** (2016, 15) ★★★★
11.45 FILM **A Call to Spy** Wartime drama. (2019, 12, 123min) ★★★
2.10 AM FILM **Garage Sale Mystery: Murder in D Minor** (2018, 12) ★★
4.00 **to 6.00** AM FILM **The Novel Murders: Garage Sale Mystery** Drama. (2016, PG, 84min) ★★

+1 hour 322 61

GREAT! romance

319 424 52 303

6.00 AM FILM **Love Locks** Drama. (2017, PG) ★★
8.00 FILM **Like Cats and Dogs** (2017, PG) ★★
10.00 FILM **The Last Bridesmaid** Drama. (2019, PG, 90min) ★★
12.00 NOON FILM **Harvest Moon** (2015, PG) ★★
2.00 PM FILM **A Picture Perfect Wedding** Drama. (2021, PG) ★★
4.00 FILM **Love at First Glance** (2017, PG) ★★
6.00 FILM **Seasoned With Love** (2021, PG) ★★
8.00 FILM **How to Find Forever** Drama. (2021, PG, 90min) ★★
10.00 FILM **Love, Once and Always** Drama. (2018, PG, 90min) ★★
12.05 AM FILM **Appetite for Love** (2016, PG) ★★
1.35 FILM **A Dash of Love** Drama. (2017, PG) ★★
3.05 **to 4.00** AM **Highway to Heaven**

+1 hr 320 63 304

Legend

148 149 41 137

8.00 AM **Walker, Texas Ranger** 8/26. (S3)
9.00 **Six Million Dollar Man**
10.00 **Star Trek: Deep Space Nine** 16/26. (S2)
11.00 FILM **Strange Invaders** Sci-fi. (1983, 12) ★★
12.50 PM **Legend Lowdown**
1.00 FILM **Biggles** Fantasy. (1986, PG, 108min) ★★
2.50 **Legend Lowdown**
3.00 FILM **The Terrornauts** Drama. (1967, U) ★
4.30 **The Twilight Zone** (S1)
5.00 **Star Trek** 24/30. (S1)
6.00 **Star Trek: Deep Space Nine** 17/26. (S2)
7.00 **Six Million Dollar Man**
8.00 **Walker, Texas Ranger**
9.00 FILM **War Pigs** Action adventure. (2015, 15, 88min) ★★★
10.50 FILM **Mercenaries** Thriller. (2011, 15) ★★
12.45 AM FILM **Becky** Thriller. (2020, 18) ★★★
2.35 **to 4.20** AM FILM **Night of the Creeps** Horror. (1986, 18) ★★★

DMAX

172 169 38 150

6.00 AM **Salvage Dawgs**
7.00 **Buying Alaska**
8.00 **Aussie Gold Hunters**
9.00 **Deadliest Catch**
10.00 **The Last Alaskans**
11.00 **Alaska: Last Frontier**
12.00 NOON **Alaska: Homestead Rescue**
1.00 PM **Outback Opal Hunters** Documentary.
2.00 **Gold Divers**
4.00 **Buying Alaska** New editions Double bill.
5.00 **Home Town**
6.00 **Aussie Gold Hunters**
7.00 **Alaska: Last Frontier**
8.00 **Deadliest Catch**
9.00 **Bitchin' Rides**
10.00 **The Auto Firm**
11.00 **Outback Opal Hunters**
12.00 M'T **Homestead Rescue: Raney Ranch**
1.00 AM **Life Below Zero**
2.00 **Teleshopping**
4.00 **Tanked** With Steve Aoki.
5.00 **to 6.00** AM **Maine Cabin Masters**

+1 hour 258 369

Food Network

140/141 190 43 148

6.00 AM **Southern Kitchen**
7.00 **The Pioneer Woman**
8.00 **Silos Baking...**
9.00 **The Kitchen** New edition
10.00 **John Torode's Australia**
11.00 **Tom Kerridge's Best...**
12.00 NOON **The Great British Bake Off**
2.00 PM **James Martin's...**
3.00 **Hairy Bikers**
4.00 **Silos Baking Competition**
5.00 **Girl Meets Farm**
6.00 **James Martin's American Adventure**
7.00 **Paul Hollywood's Bread**
8.00 **Tom Kerridge's Best Ever Dishes**
9.00 **Best Baker in America**
10.00 **Hairy Bikers**
11.00 **BBQ USA** New edition
12.00 M'T **Diners, Drive-Ins and Dives** Double bill.
1.00 AM **Restaurant: Impossible** In Tennessee.
2.00 **to 3.00** AM **Follow Donal to Europe**

+1 hour 240/241 149

Comedy Central

112/113 132 345 360

8.00 AM **Most Ridiculous**
9.00 **The Middle** (S9)
11.00 **Home Improvement**
1.00 PM **Friends** (S1&2)
7.00 **Friends** 5/24. Ross celebrates his birthday. **7.30** 6/24. Guest stars Chrissie Hynde. **8.00** 7/24. Rachel confesses all to Ross. **8.30** 8/24. Ross lists all of Rachel's good and bad points. (S2)
9.00 **Al Murray: The Pub Landlord – Beautifully British Tour Live at the O2** Stand-up comedy.
10.00 **Jimmy Carr: Making People Laugh**
12.15 AM **Jon Richardson: Old Man – Live**
2.15 **Desiree Burch at the Comedy Store**
2.45 **South Park** (S15)
3.15 **Beavis and Butt-Head**
3.25 **Kevin Bridges Live: The Story Continues**
4.10 **to 5.00** AM **Friends**

+1 hour 212/213 332

Comedy Cen. Extra

127/128 154

6.00 AM **Criminally Funny**
7.00 **Teleshopping**
9.00 **Guessable?**
10.00 **Takeshi's Castle**
11.00 **Friends** 21-24/24. (S5)
1.00 PM **Impractical Jokers: Inside Jokes**
4.00 **The Middle** (S5)
7.00 **Home Improvement**
9.00 **Rhod Gilbert's Growing Pains** Jimmy Carr, Martin Kemp, and Charlie George discover who was into video nasties and who passed out in front of David Bowie.
10.00 FILM **It's Complicated** Romantic comedy starring Meryl Streep, Steve Martin and Alec Baldwin. (2009, 15, 115min) ★★★★
12.20 AM **Digman!** (S1)
1.20 **South Park** (S3)
2.20 **Ugly Americans** (S1)
3.45 **Beavis and Butt-Head**
4.30 **Ren & Stimpy Show**
5.15 **to 6.00** AM **Takeshi's Castle**

Blaze

164 174 64 162

6.00 AM **Hardcore Pawn**
6.50 **The UnXplained with William Shatner**
7.45 **Ancient Aliens**
9.40 **Breaking Mysterious**
10.40 **Curse of Oak Island**
11.40 **Digging for Britain**
12.40 PM **Storage Wars**
1.05 **Pawn Stars**
2.05 **Hardcore Pawn**
4.00 **Ancient Aliens**
6.00 **The UnXplained with William Shatner**
7.00 **Storage Wars**
8.00 **Dickinson's Real Deal**
9.00 **Strangest Things**
10.00 **What on Earth?**
11.00 **Lost Relics of the Knights Templar**
12.00 M'T **Curse of Oak Island**
1.00 AM **The UnXplained with William Shatner**
2.00 **Barter Kings**
3.00 **Dickinson's Real Deal**
3.45 **Storage Wars**
4.10 **American Restoration**
5.00 **to 6.00** AM **Pawn Stars**

+1 hour 81

5SELECT

153 138 46 133

9.00 AM **GPs: Behind Closed Doors** Documentary.
10.00 **The Yorkshire Vet**
12.00 NOON **Ben Fogle: New Lives in the Wild**
1.00 PM **Walking Britain's Lost Railways**
2.00 **The Yorkshire Vet**
4.00 **Ben Fogle: New Lives in the Wild**
5.00 **Walking Britain's Lost Railways** Durham.
6.00 **Inside the Tower of London** Documentary.
7.00 **The Yorkshire Vet**
8.00 **The Divine Judi Dench: Our National Treasure**
9.25 **Victoria Wood: All the Laughs & More** The career of one of Britain's best loved comedians.
11.35 **World's Deadliest Weather: Caught on Camera** Wildfires.
12.35 AM **Forged in Fire**
1.25 **Inside the Tower of London** Documentary.
2.25 **to 3.00** AM **Walking Tudor Britain**

HGTV

158 191 44 166

7.00 AM **Alaska: Homestead Rescue** As 5.00pm.
8.00 **Love Your Garden**
9.00 **A Place in the Sun**
10.00 **Escape to the Country**
12.00 NOON **My Lottery Dream Home**
1.00 PM **Good Bones**
2.00 **Flip or Flop**
3.00 **Love Your Garden**
4.00 **Escape to the Country**
5.00 **Alaska: Homestead Rescue** Free-range pig-farmers seek help.
6.00 **A Place in the Sun**
7.00 **Escape to the Country**
9.00 **Love Your Garden** From Nottingham.
10.00 **First Time Fixer**
11.00 **Good Bones**
12.00 M'T **Escape to the Country** Rural retreats.
1.00 AM **Alaska: Homestead Rescue** As 5.00pm.
2.00 **Love Your Garden**
3.00 **to 4.00** AM **My Lottery Dream Home**

+1 hour 272 391 151

RealityXtra

147 172 68 134

9.00 AM **Medical Detectives**
11.00 **Murder by the Sea**
12.00 NOON **The Fugitive**
1.00 PM **48 Hours**
3.00 **Medical Detectives** A frozen body is found near Anchorage, Alaska. **3.30** A flight attendant's murder bears similarities to another killing. **4.00** The captain of a shrimp boat drowns. **4.30** A real-estate tycoon is murdered.
5.00 **The Fugitive** *The Other Side of the Coin:* 16/30. Working at a small-town market, Kimble is held up by one of his fellow employee. (S4)
6.00 **Murder by the Sea** Crimes on the coastlines of the United Kingdom.
7.00 **Judge Judy**
1.00 AM **Murder by the Sea**
2.00 **The Fugitive** (S4)
3.00 **48 Hours** Double bill.
4.45 **to 6.00** AM **Medical Detectives**

TLC

133/134 828 165

7.00 AM **My Lottery Dream Home** Double bill.
8.00 **Extreme Couponing**
9.00 **My Extreme Excess Skin**
10.00 **Dr Pimple Popper**
11.00 **My 600lb Life**
12.00 NOON **1000lb Sisters**
1.00 PM **Sister Wives**
3.00 **OutDaughtered**
4.00 **I Didn't Know I Was Pregnant** Double bill.
5.00 **Dr Pimple Popper**
6.00 **My 600lb Life**
9.00 **Monsters Inside Me** An infection rips a man's leg apart.
11.00 **Dr Pimple Popper** A woman with thousands of tumours on her face.
12.00 M'T **Body Bizarre**
1.00 AM **Extreme Cheapskates**
2.00 **Monsters Inside Me**
3.00 **Extreme Cheapskates**
4.00 **Say Yes to the Dress**
5.00 **to 6.00** AM **Monsters Inside Me**

+1 hour 233/234 365

HorrorXtra

317 171 69 138

8.00 AM FILM **Dragonquest** Fantasy. (2009, 12) ★★
10.00 **Farscape** 17/22. (S1)
11.00 FILM **Descent** Sci-fi disaster movie. (2005, PG, 90min) ★★
1.00 PM FILM **Lightning Strikes** Sci-fi thriller. (2009, 12, 90min) ★★
3.00 **Farscape** 17/22. (S1)
4.00 **Battlestar Galactica**
5.00 FILM **Monster Hunters** Thriller with Jarrid Masse and Tom Sizemore. (2020, 15, 88min) ★
7.00 **Farscape** 18/22. (S1)
8.00 **Battlestar Galactica**
9.00 FILM **The Titan** Sci-fi thriller starring Sam Worthington. (2018, 15, 97min) ★★
11.00 FILM **The Neighbour** Horror thriller starring Josh Stewart. (2016, 18, 87min) ★★★★
1.00 **to 3.00** AM FILM **The Titan** As 9.00pm.

+1 hour 318 371 139

Sky Replay

152 156

7.00 AM **Sixth Sense with Colin Fry** Double bill.
8.00 **Four Weddings**
10.00 **UK Border Force**
11.00 **Stop, Search, Seize**
12.00 NOON **The Real A&E**
1.00 PM **Inside RAF Brize Norton** Documentary.
2.00 **Warehouse 13** (S3)
4.00 **Most Haunted**
6.00 **Supergirl** 3&4/19. (S5)
8.00 **UK Border Force** The team investigate a series of fake weddings.
9.00 **Alphas** *Catch and Release:* 8/12. The team attempt to track down a rogue Alpha who is a skilled inventor. (S1)
10.00 **Road Wars**
11.00 **Departure** 2/6. (S3)
12.00 M'T **The Good Doctor**
1.00 AM **Stop, Search, Seize**
2.00 **A League of Their Own**
3.00 **Stop, Search, Seize**
4.00 **Celebrity Four Weddings** Reality series.
5.00 **to 6.00** AM **Sixth Sense with Colin Fry**

E!

159 159 835 160

7.00 AM **Rich Kids of Beverly Hills**
8.00 **Keeping Up with the Kardashians**
10.00 **Jerseylicious**
11.00 **Big Rich Atlanta**
12.00 NOON **Botched**
1.00 PM **Kourtney & Kim Take Miami**
2.00 **Keeping Up with the Kardashians**
7.00 **Botched** A transgender woman wants to have her collapsed nose fixed. **8.00** A woman who was pressured to get very large implants.
9.00 **Keeping Up with the Kardashians** The family go to Bali for a holiday. **10.00** Kim and Khloe have a psychic reading.
11.00 **Big Rich Atlanta**
12.00 M'T **Dr 90210**
1.00 AM **Rich Kids of Beverly Hills**
2.00 **Teleshopping**
3.00 **to 5.00** AM **Celebrity Game Face**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 823 177 320 325

6.00 AM **Wheeler Dealers**
7.00 **Deadliest Catch**
8.00 **Treehouse Masters**
9.00 **Alaska: The Last Frontier**
10.00 **How It's Made** Double bill.
11.00 **Wheeler Dealers**
12.00 NOON **Diesel Brothers**
1.00 PM **Gold Rush**
3.00 **Alaska: Homestead Rescue**
5.00 **Wheeler Dealers: Dream Car** Mike and Marc search for a Mk2 Ford Escort.
6.00 **Diesel Brothers** A client asks for a monster school bus capable of driving over sand.

9.00 Expedition Unknown

7.00 **Street Outlaws: Memphis** JJ challenges the racers on the asphalt of Las Vegas where the winner gets $16,000.

8.00 **Gold Rush: Mine Rescue with Freddy & Juan** A young prodigy, his father and grandfather battle wintry weather.

9.00 **Expedition Unknown** New edition Diving into Lake Superior, Josh has intel that may finally solve a 100-year-old mystery.

10.00 **The Men Who Sold the World Cup** The FBI and IRS get the chance to investigate football's world governing body.
11.00 **Naked and Afraid: Alone** As darkness shrouds the jungles of Belize, Kim Kelly is alone.
12.00 M'T **Expedition Bigfoot**
1.00 AM **Expedition Unknown**
2.00 **The Men Who Sold the World Cup** As 10.00pm.
3.00 **Moonshiners**
4.00 **to 5.00** AM **Wheeler Dealers**

+1 hour 225/226 377

Animal Planet

162 178

8.00 AM **Animal Cribs**
9.00 **Dodo Heroes**
10.00 **Bad Dog!**
11.00 **Alaska: Homestead Rescue**
12.00 NOON **Animal Cribs**
1.00 PM **Dodo Heroes**
2.00 **From Wags to Riches**
3.00 **Pit Bulls & Parolees: Tia's Tales** Documentary.
4.00 **Dogs 101** How different breeds of dogs behave.
5.00 **Alaska: Homestead Rescue**
6.00 **Animal Cribs** A couple need a designated area for their menagerie of rescue rabbits.

8.00 I'm Alive

7.00 **Crikey! It's the Irwins** Robert takes on the challenge of relocating Bosco, the zoo's most aggressive crocodile.

8.00 **I'm Alive** The stories of a family that were attacked by a swarm of killer bees, and a man bitten by a bull shark in the Bahamas.

9.00 **I Was Prey** During a canoe safari trip in Zimbabwe, a husband and wife are attacked by an angry hippopotamus.

10.00 **Alaskan Bush People** Alaskan survivor family the Browns discuss the difficulties of maintaining their remote lifestyle.
11.00 **Project Grizzly** Jeff Watson attempts to teach his grizzlies to forage in the wild.
12.00 M'T **Project Grizzly** Bob and Screech learn how to hunt.
1.00 AM **Alaskan Bush People**
2.00 **Dogs 101** As 4.00pm.
3.00 **Alaska: Homestead Rescue**
4.00 **to 5.00** AM **Animal Cribs**

+1 hour 262 378

Nat Geographic

129/130 825 183

8.00 AM **Food Factory USA**
9.00 **Air Crash Investigation**
10.00 **Europe from Above**
11.00 **Supercars** The Lexus LFA.
12.00 NOON **Car S.O.S**
1.00 PM **Ultimate Airport Dubai**
2.00 **Air Crash Investigation**
3.00 **Hitler's Last Stand**
4.00 **Megafactories**
5.00 **Car S.O.S** Tim and Fuzz visit Lincolnshire to work on a 1929 Rolls-Royce Doctors Coupe.
6.00 **Seconds from Disaster** An examination of the Chernobyl catastrophe.

3.00 Hitler's Last Stand

7.00 **Air Crash Investigation** Investigators must determine how a freshly serviced plane was released with a fatal flaw.

8.00 **Airport Security: Peru** Agents uncover a pregnant woman carrying cocaine stamped with some curious logos.

9.00 **Inside North Korea's Dynasty** The rise to power of the Kim Dynasty, beginning with a look at Kim Il Sung.

10.00 **America's Hardest Prisons** Life inside some of America's strictest maximum-security jails.
11.00 **Air Crash Investigation**
12.00 M'T **Bin Laden: Last Days**
1.00 AM **To Catch a Smuggler**
2.00 **Made in a Day**
2.30 **Bid & Destroy**
2.55 **Lords of War**
3.20 **Food Factory** Double bill.
4.10 **Exotic Animal ER**
4.35 **to 5.00** AM **Secrets of the Zoo: Keeper Tales**

+1 hour 229/230 383

Sky History

123/124 821 131 353 368

6.00 AM **Forged in Fire**
7.00 **Salvage Kings**
8.00 **American Pickers**
9.00 **Pawn Stars** Double bill.
10.00 **Auction Hunters**
11.00 **The Curse of Oak Island**
12.00 NOON **Nature Gone Wild**
1.00 PM **Salvage Kings**
2.00 **The Machines That Built the World** Aeroplane pioneers.
3.00 **Swamp People: Serpent Invasion**
5.00 **Pawn Stars** A tribute to Richard 'Old Man' Harrison.
6.00 **American Pickers**

8.00 Shipwrecks

7.00 **Forged in Fire** Judges Ben Abbott, J Neilson and David Baker have just two weeks to construct a blade.

8.00 **Shipwrecks: When History Resurfaces** The tragic story of the *Empress of Ireland*, a Scottish-built ocean liner.

9.00 **Bloody Boston** A fresh take on Boston organised crime, from 'Whitey' Bulger to Irish gang wars and FBI corruption.

10.00 **First Blood** The story of Anthony Sowell, the 'Cleveland Strangler', who kidnapped and killed several women.
11.00 **History's Greatest Myths**
12.00 M'T **Pawn Stars** As 5.00pm.
1.00 AM **Shipwrecks: When History Resurfaces**
2.00 **Clash of Ancient Warriors**
3.00 **Swamp People: Serpent Invasion** Double bill.
5.00 **to 6.00** AM **American Pickers**

+1 hour 223/224 331

Yesterday

155 155 846 129 27 159

6.10 AM **Restoration Workshop**
8.00 **Abandoned Engineering**
10.00 **World War Two From Above**
11.00 **Nazi Hunters**
12.00 NOON **Great American Railroad Journeys**
1.00 PM **Antiques Roadshow**
2.00 **Bangers & Cash** Double bill.
4.00 **Nazi Hunters**
5.00 **World War Two From Above**
6.00 **Great British Railway Journeys** A journey from Woking to Clapham Junction. **6.30** Michael Portillo works at Britain's oldest fish market.

9.00 Great American Railroad...

7.00 **Bangers & Cash** Mathewsons agree to sell a vintage threshing machine and a large collection of tractors.

8.00 **Abandoned Engineering** Exploring Air Studios, on the Island of Montserrat, that became a mecca for numerous rock legends.

9.00 **Great American Railroad Journeys** Michael Portillo travels through the states of New Mexico and Arizona.

10.00 **Bangers & Cash** Derek takes delivery of a beautiful green Renault van, previously used as a bread van in Paris.
11.00 **Abandoned Engineering** A dark past explains the vast monolithic structures that dominate Guernsey.
12.00 M'T **Great British Railway Journeys** Double bill.
1.00 AM **Restoration Workshop**
2.00 **to 3.00** AM **Forbidden History**

+1 hour 255 329 74

Friday

7 PM **8 PM** **9 PM** **10 PM**

Quest

144 144 834 137 12 172

6.00 AM **How Do They Do It?**
6.30 **Shed and Buried**
7.00 **The Repair Shop**
8.00 **American Pickers**
10.00 **Chasing Classic Cars**
11.00 **Richard Hammond's Workshop** A classic mini.
12.00 NOON **How It's Made**
1.00 PM **The Repair Shop**
2.00 **Money for Nothing**
3.00 **Find It, Fix It, Flog It**
4.00 **Salvage Hunters**
5.00 **Salvage Hunters: The Restorers** A vintage case.
6.00 **Wheeler Dealers**
7.00 **Outback Opal Hunters**
8.00 **Salvage Hunters**
9.00 **Ambulance** Documentary.
10.00 **Street Cops UK** New edition An alleged rapist on a rampage.
11.00 **How Do They Do It?**
12.00 M'T **Wheeler Dealers**
1.00 AM **Border Control: Europe**
2.00 **Richard Hammond's Workshop** A classic mini.
3.00 **Wheeler Dealers**
4.00 **to 5.00** AM **How It's Made**

+1 hour 244 337 70 168

Quest Red

149 168 40 169

6.00 AM **Say Yes to the Dress**
7.00 **Say Yes to the Dress: Lancashire** Reality series.
8.00 **Say Yes to the Dress**
10.00 **Disappeared** Bob Harrod.
11.00 **Forensic Detectives**
1.00 PM **FBI Files**
2.00 **Disappeared** Katelin Akens.
3.00 **True Crime with Aphrodite Jones** Amanda Ross' murder.
4.00 **Who the Hell**
5.00 **Say Yes to the Dress**
6.00 **Curvy Brides Boutique**
7.00 **Long Lost Family US** A woman trying to find her two younger brothers.
8.00 **The Murder Tapes** The disappearance of a mother.
9.00 **Murder on CCTV** A look at the death of Adrianne Robert.
10.00 **NEW SERIES** **People Magazine Investigates** A triple homicide at an all-girls summer camp shocks America.
12.00 M'T **Forensic Detectives**
2.00 AM **Murder on CCTV**
3.00 **to 4.00** AM **FBI Files**

+1 hour 249 170

CBS Reality

146 148 67 135

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Medical Detectives** The story of an American water-borne epidemic of gastrointestinal illness. **7.30** A serial killer brought to justice by carpet fibres found on the clothes of his victims.
8.00 **48 Hours** An upload to a genealogy website leads to a double murder investigation.
9.00 **The Truth About My Murder** Forensic pathologist Dr Richard Shepherd investigates the murder of Mark Bradbury.
10.00 **Murder in Paradise** Docu-drama series detailing dream getaways that were torn apart by a horrific murder.
11.00 **Ice Cold Killers**
12.00 M'T **Fatal Vows**
1.00 AM **The Truth About My Murder** As shown at 9.00pm.
2.00 **Murder in Paradise**
3.00 **48 Hours** As 8.00pm.
3.45 **Medical Detectives**
4.10 **to 6.00** AM **Judge Judy**

+1 hour 246 348 136

Sky Crime

122/123 820 121 349 364

6.00 AM **Highway Patrol**
7.00 **Motorway Patrol**
8.00 **Motorbike Cops**
9.00 **Nothing to Declare**
10.00 **Caught Red Handed**
11.30 **Border Patrol**
12.00 NOON **Killer in My Village**
1.00 PM **How I Caught the Killer**
2.00 **Murders That Shocked the Nation** The Richardson gang.
3.00 **World's Most Evil Killers**
4.00 **Britain's Most Evil Killers**
5.00 **How I Caught the Killer**
6.00 **The Real Manhunter**
7.00 **World's Most Evil Killers**
8.00 **Britain's Most Evil Killers**
10.00 **Killing Mum and Dad** The case of 26-year-old Anmol Chana, who murdered his own parents.
11.00 **Murdered at First Sight** A teen gets caught up in a fatal fight.
12.00 M'T **Killer in My Village**
1.00 AM **The Killer Within**
2.00 **Mark of a Serial Killer**
3.00 **Brit Cops: Rapid Response**
4.00 **Road Wars**
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 222/223 321

PBS America

174 187 84 155

8.00 AM **Grand Tours of Scotland**
9.05 **Apache Warrior** As 7.30pm.
11.00 **From Hell to Hollywood**
1.00 PM **Grand Tours of Scotland**
2.15 **Apache Warrior** As 7.30pm.
4.15 **From Hell to Hollywood**
6.15 **Grand Tours of Scotland** Paul Murton paddles a canoe along now-disused steamer routes on the way to Islay. **6.50** Paul Murton travels up the east coast from the shores of the Firth of Tay to Dundee.
7.30 **Apache Warrior** Feature-length documentary following an elite US army helicopter squadron as they launch an attack during the initial surge into Iraq in March, 2003.
9.25 **From Hell to Hollywood** The story of Pulitzer Prize-winning photographer Nick Ut, famed for his 1972 image *The Terror of War*, in which he captured children feeling a napalm bomb during the Vietnam War.
11.25 **Grand Tours of Scotland**
12.00 M'T **to 2.00** AM **Apache Warrior**

SKY HD SD | VIRGIN HD | FREEVIEW HD | FREESAT HD | BT HD

FRIDAY

Friday

Sky Documentaries

121/122 819 188 352 367

6.00 AM **The Seventies**
7.00 **Discovering: Sissy Spacek**
8.00 **The Directors**
9.00 **First Ladies**
10.00 **The Story of Late Night**
11.00 **Juan Carlos: Downfall of the King** As shown at 8.00pm.
12.00 NOON **Football Bomber: The Dortmund Bus Attack**
2.00 PM **Hijacked: Flight 73**
4.00 **The Directors**
5.00 **Discovering: Sissy Spacek**
6.00 **Alexia: Labor Omnia Vincit**
7.00 **The Story of Late Night**
8.00 **Juan Carlos: Downfall of the King** 4/4. Juan Carlos abdicates and flees into exile.
9.00 **Last Call: When a Serial Killer Stalked Queer New York**
10.05 **My Icon: Michael Holding**
10.15 **Mission to Burnley**
11.15 FILM **Bobby** Documentary. (2016, PG, 95min) ★★★★
1.10 AM **Superpowered: The DC Story** 3/3. Documentary.
2.10 **Belushi** Documentary.
4.10 **The Directors**
5.05 **to 6.00** AM **Discovering: Sissy Spacek**

Sky Nature

124/125 822 189 354 369

6.00 AM **Wildlife ER**
7.00 **Monkey Life**
8.00 **Wildlife Icons**
9.00 **Tales from Zambia**
10.00 **My Garden of a Thousand Bees**
11.00 **Africa's Hunters**
12.00 NOON **Colombia's Wild Coast**
1.00 PM **Monkey Life**
2.00 **Wildlife Icons**
3.00 **Tales from Zambia**
4.00 **My Garden of a Thousand Bees**
5.00 **Africa's Hunters**
6.00 **Colombia's Wild Coast**
7.00 **Monkey Life** Double bill.
8.00 **City Wildlife Rescue** A baby groundhog is rushed in. **8.30** A mother rabbit cares for an adopted baby.
9.00 **Islands** The wildlife on Baffin.
10.00 **Africa's Hunters** A lioness goes searching for a lost cub.
11.00 **Colombia's Wild Coast**
12.00 M'T **Deadly Australians**
1.00 AM **Planet Shark**
2.00 **City Wildlife Rescue**
3.00 **Islands** As shown at 9.00pm.
4.00 **Wildlife Icons**
5.00 **to 6.00** AM **Tales from Zambia**

Sky History 2

163 163 840 186

6.00 AM **Ancient Aliens**
8.00 **Auction Kings**
9.00 **Top Secret UFO Projects Declassified** Project Aurora.
10.00 **Treasures Decoded**
11.00 **Ancient Aliens**
1.00 PM **Britain's Secret Islands**
2.00 **Britain's Greatest Obsessions**
3.00 **Curse of the Lost Amazon Gold** The dark jungles of Peru.
4.00 **Deep Water Salvage**
5.00 **Ultimate Mysteries**
6.00 **Battle 360** *USS Enterprise.*
7.00 **Treasures Decoded**
8.00 **Dangerous Missions**
9.00 **Colosseum** How exotic beasts were brought back to entertain the Colosseum crowds.
10.00 **Paranormal: Caught on Camera** A creature that preys on young children is seen entering a gated community.
11.00 **Encounter: UFO**
12.00 M'T **Ancient Aliens**
2.00 AM **Auction Kings**
3.00 **Ultimate Soldier Challenge**
4.00 **Britain's Secret Islands**
5.00 **to 6.00** AM **Britain's Greatest Obsessions**

Crime+Investigation

156 156 837 133

6.00 AM **The First 48**
8.00 **Homicide Hunter**
9.00 **Killer in Plain Sight**
10.00 **Meet, Marry, Murder**
11.00 **Cruise Ship Killers**
12.00 NOON **Buried in the Backyard**
1.00 PM **The Real Murders of Atlanta** Crime series.
2.00 **Exhumed: Killer Revealed**
3.00 **Snapped** Gabriela Escutia.
4.00 **Nightmare in Suburbia**
5.00 **Homicide Hunter**
6.00 **The First 48**
8.00 **Sunshine Slayings**
9.00 **Taking the Stand** New edition Christian Bahena Rivera stands accused of attacking a college student on a run.
10.00 **Court Cam**
11.00 **Cruise Ship Killers**
12.00 M'T **Homicide Hunter**
1.00 AM **Taking the Stand**
2.00 **Snapped** Gabriela Escutia.
3.00 **Exhumed: Killer Revealed**
4.00 **Sunshine Slayings**
5.00 **to 6.00** AM **The Real Murders of Atlanta**

+1 hour 256 333

WILD

165 165 841 182

8.00 AM **America's Funniest Home Videos: Animal Edition**
9.00 **Amazonia's Giant Jaws**
10.00 **China's Wild Empire**
11.00 **Africa's Deadliest**
12.00 NOON **Snakes in the City**
1.00 PM **Yukon Vet**
2.00 **Bull Shark Vs Hammerhead**
3.00 **The Desert Sea**
4.00 **Secrets of the Zoo**
5.00 **Monster Fish** The wels catfish.
6.00 **Snakes in the City**
7.00 **Secrets of the Zoo: North Carolina** The keepers are kept busy by the birth of a rhino.
8.00 **Africa's Deadliest**
9.00 **Savage Kingdom** A mother cheetah and her cubs prepare to cross hostile territory.
10.00 **Africa's Super Snake** South Africa's 20-foot rock pythons.
11.00 **Snakes in the City**
12.00 M'T **In Shallow Water**
1.00 AM **Caught in the Act**
2.00 **Frozen Kingdom of the Snow Leopard**
3.00 **Secrets of the Zoo**
4.00 **to 5.00** AM **Yukon Vet**

Discovery History

177 181

6.00 AM **Combat Dealers: Reloaded** Looking for spy gear.
7.00 **HMS Ark Royal**
8.00 **Greatest Events of World War II** The Battle of the Bulge.
9.00 **Combat Dealers**
10.00 **Salvage Hunters**
11.00 **Shed and Buried**
12.00 NOON **How It's Made**
1.00 PM **Combat Dealers**
2.00 **HMS Ark Royal**
3.00 **Blowing Up History**
4.00 **Mysteries at the Castle**
5.00 **Greatest Events of World War II** Bombing of Dresden.
6.00 **Secrets Underground**
7.00 **Expedition Unknown**
8.00 **Combat Dealers**
9.00 **Blowing Up History**
10.00 **Salvage Hunters**
11.00 **Shed and Buried**
12.00 M'T **How It's Made**
1.00 AM **Combat Dealers**
2.00 **Salvage Hunters**
3.00 **Combat Dealers**
4.00 **to 5.00** AM **Blowing Up History**

+1 hour 277 381

Eden

166 176

9.00 AM **Underground Worlds**
1.00 PM **Underground Worlds**
6.00 **Underground Worlds** The wonders of the Wieliczka Salt mine in southern Poland. **7.00** A labyrinth of tunnels underneath a tiny French village which contains mysteries from several historical eras. **8.00** An underground city beneath a forest in northern France built to house 3,000 people, and an ice cave under Iceland's biggest glacier. **9.00** A look at incredible feats of human endeavour, focusing on hidden tunnels under Gibraltar and London. **10.00** Exploring Sweden's passion for subterranean spaces, and how the nation has taken extraordinary precautions to protect itself. **11.00** A look at some of Switzerland's 300,000 subterranean bunkers.
12.00 M'T **Underground Worlds**
5.30 **to 6.00** AM **The Zoo**

+1 hour 266 376

ID

154 166

6.00 AM **American Monster**
7.00 **Teleshopping**
8.00 **Murder in the Heartland**
9.00 **Forensic Detectives**
10.00 **People Magazine Investigates**
11.00 **Evil Lives Here**
1.00 PM **American Monster**
3.00 **Murder in the Heartland**
4.00 **Disappeared**
5.00 **Swamp Murders**
6.00 **Forensic Detectives** Tyre marks and fibres snare a killer. **7.00** Murder cases in which evidence was found underwater.
8.00 **Still a Mystery** A 10-year-old girl vanishes while walking home from her friend's house.
9.00 **The Murder Tapes** The death of Judith Therianos.
10.00 **American Monster**
11.00 **Who the (Bleep) Did I Marry?**
1.00 AM **Betrayed**
2.00 **The 1990s: The Deadliest Decade** Focusing on the case of Lisa Carlson.
3.00 **Forensic Detectives**
5.00 **to 6.00** AM **Disappeared**

+1 hour 254 366

Discovery Turbo

161/184 180

6.00 AM **Chasing Classic Cars**
7.00 **World's Biggest Shipbuilders**
8.00 **Wheeler Dealers: Dream Car**
9.00 **Fantomworks**
10.00 **Salvage Hunters: Classic Cars**
11.00 **Race Night at Bowman Gray**
12.00 NOON **Fifth Gear**
1.00 PM **Supertruckers**
2.00 **Wheeler Dealers**
3.00 **Demolition Down Under**
4.00 **Wheeler Dealers**
5.00 **Junkyard Empire**
6.00 **Fantomworks**
7.00 **Wheeler Dealers**
9.00 **Race Night at Bowman Gray** In the latest race, Jonathan Brown and Jason Myers risk starting in the back of the pack.
10.00 **Demolition Down Under** The team face a perilous job to bring down a house on a cliff.
11.00 **World's Biggest Shipbuilders**
12.00 M'T **Wheeler Dealers**
1.00 AM **Iron Resurrection**
2.00 **Fast N' Loud**
3.00 **Wheeler Dealers**
4.00 **to 5.00** AM **RMD Garage**

+1 hour 261/284

Films

Sky Cinema Premiere

301 301 401 501 515

6.40 AM **Sky Cinema Preview**
7.40 **The Harbinger** As 3.35am.
9.25 **High Heat** Action comedy. (2022, 15, 84min) ★★★
11.05 **Assassin** As 4.30pm.
12.50 PM **Maggie Moore(s)** (2023)
2.40 **The Locksmith** Mystery. (2022, 15, 88min) ★★★
4.30 **Assassin** Thriller with Bruce Willis. (2023, 15, 88min)
6.15 **Maggie Moore(s)** Comedy thriller starring Jon Hamm. (2023, 15, 99min) ★★★

8.00 A Man Called Otto

8.00 PREMIERE **A Man Called Otto** Comedy drama starring Tom Hanks. A man gives up on life following the loss of his wife, but when a young family move in nearby, it turns his world around. With Mariana Treviño. (2022, 15, 126min) ★★★ *See review, page 23.*
SEX ●●● VIOLENCE ●●● LANG ●●●

10.15 **The Silent Twins** Fact-based drama starring Letitia Wright and Tamara Lawrance. Two twins nurture a mutual obsession with a hell-raising local boy. (2022, 18, 83min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.15 AM **Babylon** Comedy drama. (2022, 18, 188min) ★★★★
3.35 **The Harbinger** Horror. (2022, 15, 87min) ★★★★
5.20 **to 6.20** AM **Sky Cinema Preview**

+1 hour 312

Sky Cinema Hits

303 303 403 503 517

6.20 AM **Beast** As 2.00pm.
8.00 **Dirty Grandpa** As 1.50am.
10.00 **Resident Evil: Welcome to Raccoon City** As 12.00m't.
12.00 NOON **Ghost Rider** Adventure. (2006, 12, 106min) ★★★
2.00 PM **Beast** Action thriller. (2022, 15, 93min) ★★★
3.40 **The Fighter** Boxing drama. (2010, 15, 116min) ★★★★
5.40 **Coach Carter** Sports drama starring Samuel L Jackson. (2004, 12, 136min) ★★★

5.40 Coach Carter

8.00 **Wonder Woman** Fantasy adventure starring Gal Gadot and Chris Pine. An Amazon princess leaves her isolated island during World War One, aiming to bring the conflict to an end. With David Thewlis and Robin Wright. (2017, 12, 121min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.25 **Scary Movie** Spoof of teen stalk 'n' slash movies, starring Shannon Elizabeth, Marlon Wayans and Carmen Electra. (2000, 18, 88min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.00 M'T **Resident Evil: Welcome to Raccoon City** Sci-fi horror. (2021, 15, 107min) ★★★
1.50 AM **Dirty Grandpa** Comedy. (2016, 15, 105min) ★★
3.50 **How to Please a Woman** Drama. (2022, 15) ★★★
5.40 **to 7.15** AM **Desperate Hour** Thriller. (2021, 12) ★★★★

Sky Cinema Drama

310 310 410 510 524

7.35 AM **World Trade Center** Drama. (2006, 12, 129min) ★★★
9.50 **P.S. I Love You** Comedy. (2007, 12, 121min) ★★★
12.00 NOON **Letters to Juliet** Comedy with Amanda Seyfried. (2010, PG, 105min) ★
1.50 PM **Eternal Sunshine of the Spotless Mind** Romantic comedy starring Jim Carrey. (2004, 15, 108min) ★★★★★
3.45 **Kramer vs Kramer** Drama. (1979, PG, 104min) ★★★★★
5.35 **A Few Good Men** Courtroom drama starring Tom Cruise. (1992, 15, 132min) ★★★★
8.00 **Boyz N the Hood** Urban drama starring Larry Fishburne. (1991, 15, 111min) ★★★★★
9.55 **A Time to Kill** Legal drama starring Matthew McConaughey. A lawyer defends a man who shot the Mississippi rednecks who raped his daughter. (1996, 15, 149min) ★★★
12.30 AM **Fifty Shades of Grey** Erotic drama starring Jamie Dornan. (2015, 18, 120min) ★★
2.40 **A Journal for Jordan** Drama. (2021, 12, 131min) ★★
4.55 **to 6.50** AM **A Second Chance** Drama with Joe Manganiello. (2018, 15, 111min) ★★★

Sky Cinema Summer Scares

311 311 411 511 525

6.15 AM **Bodies Bodies Bodies** Horror. (2022, 15) ★★★★
8.00 **The Possession** Horror thriller. (2012, 15, 90min) ★★★
9.50 **The Purge: Anarchy** Horror sequel. (2014, 15) ★★★
11.35 **The Purge: Election Year** Horror sequel with Frank Grillo. (2016, 15, 108min) ★★★
1.25 PM **Identity** Mystery thriller. (2003, 15, 90min) ★★★
3.00 **Resident Evil** Sci-fi horror. (2002, 15, 100min) ★★★
4.45 **Resident Evil: Apocalypse** Sci-fi horror thriller sequel. (2004, 15, 94min) ★★★
6.20 **Resident Evil: Extinction** Sci-fi horror thriller sequel. (2007, 15, 90min) ★★
8.00 **Resident Evil: Afterlife** Sci-fi horror thriller sequel starring Milla Jovovich and Ali Larter. (2010, 15, 96min) ★★★
9.40 **Last Night in Soho** Mystery. (2021, 18, 116min) ★★★★
11.40 **Smile** Horror with Sosie Bacon. (2022, 18, 115min) ★★★★
1.40 AM **Hellraiser** Horror fantasy. (1987, 18, 92min) ★★★
3.20 **Hellbound: Hellraiser II** Horror sequel. (1989, 18, 96min) ★★
5.05 **to 6.05** AM **Sky Cinema Preview**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 306 406 506 520

6.25 AM **A Tiger's Tail** As 1.40am.
8.00 **Mr Magorium's Wonder Emporium** (2007, U) ★★★
9.50 **The Karate Kid** Family drama. (2010, PG, 140min) ★★★
12.15 PM **Furry Vengeance** Comedy. (2010, PG, 88min) ★★
2.00 **The Smurfs 2** As 11.45pm.
4.00 **Nanny McPhee** Fantasy. (2004, U, 98min) ★★★★
5.50 **Nanny McPhee & The Big Bang** Comedy fantasy sequel. (2010, U, 109min) ★★★

5.50 Nanny McPhee & The Big...

7.50 **E.T. The Extra Terrestrial** Steven Spielberg's sci-fi fantasy starring Henry Thomas and Drew Barrymore. A young LA boy befriends an alien who has been left behind by his spaceship. (1982, U, 114min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

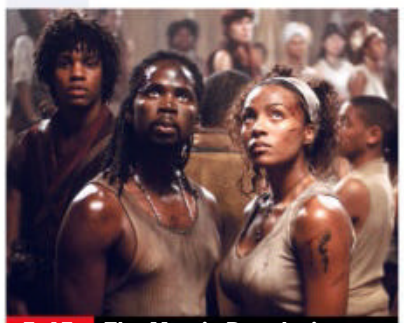
9.50 **Ghostbusters II** Supernatural action comedy sequel starring Bill Murray, Dan Aykroyd and Sigourney Weaver. The Ghostbusters battle another batch of spooks in the Big Apple. (1989, PG, 99min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.45 **The Smurfs 2** Adventure sequel starring Hank Azaria. (2013, U, 104min) ★★
1.40 AM **A Tiger's Tail** Family drama starring Will Spencer. (2014, U, 81min) ★★★
3.10 **Ghostbusters II** As 9.50pm.
5.10 **to 6.10** AM **Sky Cinema Preview**

Sky Cinema Action

307 307 407 507 521

6.20 AM **Last Seen Alive** Thriller. (2022, 15, 95min) ★★★
8.10 **Hurricane Heist** As 1.25pm.
9.55 **The Old Way** Western. (2023, 15, 95min) ★★
11.40 **The Dark Tower** As 3.10am.
1.25 PM **Hurricane Heist** Thriller. (2018, 12, 103min) ★
3.20 **The Cinema List**
3.40 **Inferno** Adventure thriller. (2016, 12, 121min) ★★★
5.45 **Matrix Revolutions** Thriller sequel. (2003, 15) ★★★


5.45 The Matrix Revolutions

8.00 **Fast & Furious 5** Action thriller sequel starring Vin Diesel, Paul Walker and Jordana Brewster. A trio of car thieves assemble a crack team to steal a Rio de Janeiro drug lord's money. (2011, 12, 130min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

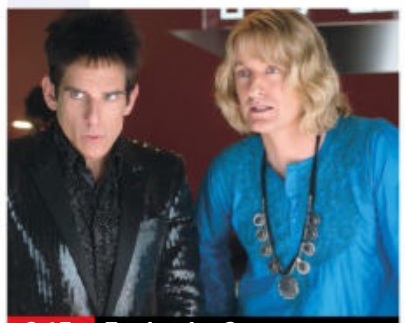
10.15 **Battle Royale** Japanese thriller starring Takeshi Kitano. Children take part in a game in which they must kill each other until one survivor remains. Subtitled. (2000, 18, 113min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.10 AM **The Cinema List: Women of Mission: Impossible**
12.35 **The Dark Knight** Thriller. (2008, 12, 152min) ★★★★
3.10 **The Dark Tower** Fantasy. (2017, 12, 95min) ★★
4.50 **to 6.40** AM **The Last Witch Hunter** (2015, 12) ★★★

Sky Cinema Comedy

308 308 408 508 522

6.15 AM **Drunk Bus** As 3.00am.
8.00 **Carry On Teacher** Comedy. (1959, b/w, U, 86min) ★★★
9.35 **My New York Year** (2020)
11.20 **Zoolander** (2001, 12) ★★★★
12.55 PM **Beverly Hills Cop II** Comedy. (1987, 15) ★★★
2.45 **Shaun of the Dead** Horror comedy. (2004, 15) ★★★★
4.30 **Confess, Fletch** Comedy. (2022, 15, 98min) ★★★★
6.15 **Zoolander 2** Comedy sequel. (2016, 12, 102min) ★★★


6.15 Zoolander 2

8.00 **Grown Ups** Comedy starring Adam Sandler. Five former high-school friends get together at a lakeside house for a holiday weekend with their families. (2010, 12, 102min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

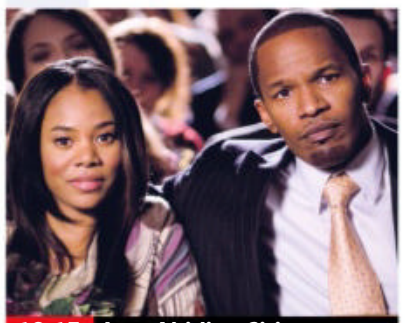
9.45 **Beverly Hills Cop 3** Comedy thriller sequel starring Eddie Murphy and Judge Reinhold. Street-smart cop Axel Foley discovers that an LA theme park is a front for a counterfeiting gang. (1994, 15, 104min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.35 **Carry On Cleo** Comedy starring Sidney James. (1964, PG, 90min) ★★★★
1.15 AM **Confess, Fletch** (2022)
3.00 **Drunk Bus** Comedy drama. (2020, 15, 101min) ★★★
4.45 **to 6.30** AM **My New York Year** Drama with Sigourney Weaver and Margaret Qualley. (2020, 15, 101min) ★★★

Sky Cinema Thriller

309 309 409 509 523

6.10 AM **Traitor** (2008, 12) ★★★
8.10 **The Outfit** (2022, 15) ★★★
10.10 **Watcher** Horror thriller. (2022, 15, 96min) ★★★
12.00 NOON **Eye in the Sky** Thriller. (2015, 15, 112min) ★★★★
1.55 PM **Focus** Comedy drama. (2015, 15, 105min) ★★★
3.55 **10 Cloverfield Lane** Thriller. (2016, 12, 103min) ★★★★
5.55 **No Country for Old Men** The Coen Brothers' crime thriller. (2007, 15, 122min) ★★★★


10.15 Law Abiding Citizen

8.00 **In the Line of Fire** Thriller starring Clint Eastwood as a veteran secret service agent trying to stop a killer assassinating the US president. With John Malkovich, Rene Russo and Gary Cole. (1993, 15, 127min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

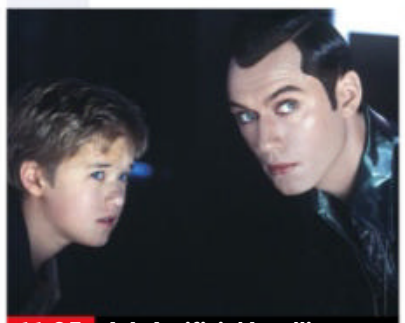
10.15 **Law Abiding Citizen** Thriller starring Jamie Foxx and Gerard Butler. A man takes revenge against the Philadelphia criminal justice system for letting off one of the criminals who killed his wife and daughter. (2009, 18, 109min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.10 AM **Kiss the Girls** Thriller. (1997, 18, 115min) ★★★
2.15 **Pulp Fiction** Comedy thriller. (1994, 18, 154min) ★★★★★
5.00 **to 6.00** AM **Sky Cinema Preview**

Film4

313 313 855 428 14 300

■ **Films start at 11.00am**
11.00 AM **Patrick** Family comedy. (2018, PG, 94min) ★★★
12.50 PM **Hotel Transylvania 2** Animation. (2015, U) ★★★
2.35 **First Men in the Moon** Sci-fi adventure. (1964, U) ★★★
4.40 **Jason and the Argonauts** Mythological adventure. (1963, U, 99min) ★★★★
6.45 **Bend It Like Beckham** Romantic sports comedy. (2002, 12, 113min) ★★★★


11.05 A.I. Artificial Intelligence

Bend It Like Beckham (film started at 6.45pm) **8 PM**
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **Infinite** Sci-fi thriller starring Mark Wahlberg and Chiwetel Ejiofor. A man experiencing memories of his past lives is recruited for a mission to save the human race. With Sophie Cookson and Dylan O'Brien. (2021, 12, 106min) ★★ **9 PM**
SEX ●●● VIOLENCE ●●● LANG ●●●

11.05 **A.I. Artificial Intelligence** Steven Spielberg's sci-fi fantasy starring Haley Joel Osment as a robot child who goes on a quest to become a real boy and win his human mother's love. With Frances O'Connor. (2001, 12, 145min) ★★★★ **11 PM**
1.55 **to 3.45** AM **The Shallows** Thriller starring Blake Lively. (2016, 15, 86min) ★★★★

+1 hour 314 430 47 301

Sky Cinema 5 Star Movies

302 302 402 502 516

6.30 AM **Scooby-Doo! & Batman: Brave and the Bold** Animation. (2018, PG, 75min) ★★★
7.50 **The Lord of the Rings: The Fellowship of the Ring** Fantasy. (2001, PG, 178min) ★★★★★
10.50 **The Lord of the Rings: The Two Towers** Fantasy adventure. (2002, 12, 179min) ★★★★★
1.50 PM **The Lost King** Comedy. (2022, 12, 108min) ★★★

3.45 **Where the Crawdads Sing** Drama with Daisy Edgar-Jones. (2022, 15, 123min) ★★★
5.55 **Sonic the Hedgehog 2** Adventure comedy sequel. (2022, PG, 122min) ★★★
8.00 **Top Gun: Maverick** Action drama starring Tom Cruise. (2022, 12, 130min) ★★★★
10.15 **Spider-Man: No Way Home** Comic-book adventure sequel starring Tom Holland, Benedict Cumberbatch and Zendaya. (2021, 12, 148min) ★★★★

12.45 AM **Taxi Driver** Martin Scorsese's disturbing drama. (1976, 18, 110min) ★★★★★
2.45 **Belfast** Drama with Jude Hill. (2021, 12, 98min) ★★★★
4.40 **to 6.30** AM **Birthday Cake** Thriller with Shiloh Fernandez. (2021, 15, 93min) ★★

Sky Cinema Greats

304 304 404 504 518

6.15 AM **Legend** Fantasy adventure. (1985, PG, 94min) ★★★
8.05 **Flashdance** As 10.40pm.
9.55 **Groundhog Day** Fantasy comedy starring Bill Murray. (1993, PG, 103min) ★★★★★
11.50 **Let's Dance** Wartime musical. (1950, U, 112min) ★★
1.50 PM **Sunset Boulevard** Classic Hollywood melodrama. (1950, b/w, PG, 110min) ★★★★★

3.50 **Philadelphia** Legal drama. (1993, 12, 122min) ★★★
6.00 **Beverly Hills Cop** Comedy thriller starring Eddie Murphy. (1984, 15, 105min) ★★★★
8.00 **Gladiator** Ridley Scott's historical epic starring Russell Crowe and Joaquin Phoenix. (2000, 15, 154min) ★★★★
10.40 **Flashdance** Dance drama with Jennifer Beals. A woman who works as a welder dreams of winning a place at ballet school. (1983, 15, 96min) ★★★

12.30 AM **Bruce Lee's Big Boss** Martial arts action thriller. (1971, 18, 94min) ★★
2.25 **Young at Heart** Musical. (1954, U, 117min) ★★★
4.35 **to 6.25** AM **Little Voice** Comedy with Jane Horrocks. (1998, 15, 98min) ★★★★

Sky Cinema Animation

305 305 412 500 514

6.05 AM **Free Birds** As 10.30pm.
7.40 **Pil's Adventures** As 12.10am.
9.15 **Rock Dog 2: Rock Around the Park** As shown at 1.45am.
10.50 **Ant Bully** (2006, U) ★★★★
12.25 PM **Shrek 2** Animated sequel. (2004, U, 93min) ★★★★★
2.05 **Happy Feet** Animated musical. (2006, U, 108min) ★★★★
4.00 **Monster Family** Animation. (2017, PG, 96min) ★★

5.40 **Shrek the Third** Animated comedy adventure sequel. (2007, U, 88min) ★★★★
7.20 **Gnomeo & Juliet** Animated comedy with the voices of James McAvoy and Emily Blunt. (2011, U, 83min) ★★★
8.50 **Norm of the North: King-Sized Adventure** Animated comedy. (2019, U, 90min) ★★
10.30 **Free Birds** Animated comedy. (2013, U, 91min) ★★
12.10 AM **Pil's Adventures** Animation. (2021, U, 89min) ★★

1.45 **Rock Dog 2: Rock Around the Park** Animated comedy sequel. (2021, U, 90min) ★★
3.25 **Scooby-Doo! and the Gourmet Ghost** Animated comedy. (2018, U, 77min) ★★★
4.50 **to 6.35** AM **Mosley** Animation. (2019, PG, 100min) ★★★

Movies 24

325 419

7.00 AM **Love Stories in Sunflower Valley** Romantic comedy. (2021, PG, 90min) ★★
9.00 **Love in the Limelight** Comedy. (2022, PG, 84min) ★★
11.00 **Styled with Love** Comedy. (2022, PG, 89min) ★★
1.00 PM **The Baker's Son** Fantasy. (2021, PG, 84min) ★★
3.00 **A Whirlwind Wedding** Comedy. (2020, PG, 90min) ★★

5.00 **Ships in the Night: A Martha's Vineyard Mystery** Crime drama. (2021, PG, 89min) ★★
7.00 **To Her, With Love** Romantic drama starring Skye P Marshall. (2022, PG, 84min) ★★
9.00 **The Beauty of Love** Drama starring Katerina Eichenberger. A blogger finds a new partner for her website, but her brother may be a barrier between them. (2021, PG, 90min) ★★
11.00 **Sweet as Pie** Romantic comedy. (2022, PG, 93min) ★★

1.00 AM **Sweet Pecan Summer** Romantic drama with Christine Ko. (2021, PG, 84min) ★★
3.00 **to 5.00** AM **Redemption in Cherry Springs** Mystery. (2021, PG, 84min) ★★

+1 hour 326 420

Talking Pictures

328 445 82 306

6.00 AM **Ensign O'Toole** (S1)
6.30 **Sailor Beware!** (1956, U) ★★
8.10 **The Wedding of Lilli Marlene** Musical. (1953, b/w, PG) ★★
9.50 **Dick Powell's Zane Grey Theatre** 22/30. (S1)
10.50 **Vote for Huggett** Comedy. (1949, b/w, U, 81min) ★★
12.30 PM **Piccadilly Incident** Drama. (1946, b/w, PG, 102min) ★★
2.30 **Crown Court**

3.00 **It's a Lovely Day Tomorrow: The Story of the 1943 Bethnal Green Tube Disaster**
4.30 **Saloon Bar** (1940, b/w, U) ★★
6.00 **Time to Remember**
6.35 **Night Boat to Dublin** Thriller. (1945, b/w, PG, 91min) ★★
8.30 **Dial 999** 32/39. (S1)
9.00 **Cellar Club with Caroline Munro**
9.05 **The Return of Count Yorga** Horror. (1971, 15) ★★★
11.00 **Cellar Club with Caroline Munro**
11.05 **The Premature Burial** Chiller. (1961, 18, 81min) ★★

12.45 AM **Cellar Club with Caroline...**
12.50 **The Town That Dreaded Sundown** (1976, 18) ★
2.40 **Cellar Club with Caroline Munro**
2.45 **Penny Gold** (1974, PG) ★
4.30 **The Case of the Mukkinese Battle-Horn** Short comedy.
5.00 **to 6.00** AM **Target: Corruptors**

Friday

Sky Sports Main Event

401 401 859 | 511 501 | 420 440

6.00 AM **Sky Sports News**
7.00 **Good Morning Sports Fans**
7.30 **World Cup Breakfast**
8.00 **Good Morning Sports Fans**
8.30 **World Cup Breakfast**
9.00 **Good Morning Transfers**
10.00 **Sky Sports News**
12.00 NOON LIVE **Women's Golf** Coverage of the second day of the AIG Women's Open, the Major Championship event, which takes place at Walton Heath in Surrey.
6.30 PM LIVE **FNF Burnley v Manchester City.** Coverage of the Premier League encounter, staged at Turf Moor. Kick-off **8.00pm**. *See feature, page 28.*
10.30 **Mission to Burnley**
11.30 **Sky Sports News**
2.00 AM **Super League Gold**
2.05 LIVE **NRLW St. George Illawarra Dragons v Canberra Raiders.** Coverage of the encounter from WIN Stadium in Wollongong. Kick-off **2.05am**.
3.50 LIVE **NRLW North Queensland Cowboys v Wests Tigers.** Coverage of the match from Totally Workwear Stadium in Brisbane. Kick-off **3.50am**.
5.50 **to 6.00** AM **Super League Gold**

Sky Sports Premier League

402 402 860 | 512 502 | 421 441

6.00 AM **PL Greatest Games**
7.00 **Premier League Legends**
7.30 **World Cup Breakfast**
8.00 **Premier League Best Goals**
8.30 **World Cup Breakfast**
9.00 **Good Morning Transfers**
10.00 **Premier League Years**
12.00 NOON **Transfer Talk**
1.00 PM **Total Football**
5.00 **Premier League Preview**
5.30 **The Rise and Fall of Luton Town** A look at the history of the Premier League newcomers.
6.00 **Sky Sports News**
6.30 LIVE **FNF Burnley v Manchester City.** Coverage of the Premier League encounter, staged at Turf Moor. Kick-off **8.00pm**. *See feature, page 28.*
10.45 **Mission to Burnley** The story of dramatic rebirth of Burnley FC.
11.45 **The Rise and Fall of Luton Town** A look at the history of the Premier League newcomers.
12.15 AM **FNF** Burnley v Man City.
12.45 **PL Greatest Games**
1.00 **Premier League Years**
3.00 **PL Greatest Games**
4.00 **Premier League Best Goals**
5.30 **to 6.00** AM **Premier League 100 Club**

Sky Sports Football

403 403 861 | 513 503 | 422 442

6.00 AM **EFL** The 2014/15 play-offs.
9.00 **SPFL Highlights**
9.30 **EFL Greatest Games**
10.00 **Championship Retro**
12.00 NOON **Bundesliga Weekly**
12.30 PM **EFL Highlights**
1.00 **EFL Cup Highlights**
2.00 **Scottish Premiership Round-Up** The latest action.
2.15 **SPFL Highlights**
2.30 **EFL Goals: Leagues 1 & 2**
3.00 **Bundesliga Weekly**
3.30 **EFL Highlights**
4.45 **Scottish Premiership Round-Up** The latest action.
5.00 **SPFL Highlights**
6.00 **EFL Highlights**
7.00 **EFL Cup Highlights**
8.00 **EFL Highlights**
8.30 **Bundesliga Weekly**
9.00 **Scottish Premiership Round-Up** The latest action.
9.15 **SPFL Highlights** Action from Kilmarnock v Rangers.
9.30 **EFL Cup Highlights**
10.30 **SPFL Highlights**
10.45 **EFL Highlights**
12.00 M'T **EFL Greatest Games**
1.00 AM **EFL Cup Highlights**
2.00 **EFL** The 2018/19 play-offs.
5.00 **to 6.00** AM **Championship Season Review 2018/19**

Sky Sports Cricket

404 404 862 | 514 504 | 423 443

6.00 AM **The Hundred** A chance to see Birmingham Phoenix Women v Welsh Fire Women. **9.30** Another chance to see Birmingham Phoenix Men v Welsh Fire Men.
1.00 PM **The Hundred Bitesize** Six back-to-back editions.
2.30 LIVE **The Hundred Northern Superchargers Women v Oval Invincibles Women.** Coverage of the encounter staged at Headingley in Leeds.
6.00 LIVE **The Hundred Northern Superchargers Men v Oval Invincibles Men.** Coverage of the encounter, which takes place at Headingley in Leeds.
9.30 **The Hundred Bitesize** Northern Superchargers Men v Oval Invincibles Men. **9.45** Northern Superchargers Women v Oval Invincibles Women.
10.00 **The Hundred** Another chance to see Northern Superchargers Women v Oval Invincibles Women.
1.30 AM **The Hundred** A chance to see Northern Superchargers Men v Oval Invincibles Men.
5.00 **to 6.00** AM **The Hundred Bitesize**

Sky Sports Golf

405 405 863 | 515 505 | 424 444

6.00 AM **PGA Tour Golf** A chance to see day one of the FedEx St Jude Championship at TPC Southwind in Memphis, Tennessee.
10.00 **Countdown to the Ryder Cup** Luke Donald's pedigree.
10.30 **Challenge Tour Golf** Action from this year's British Challenge.
11.00 **Women's Golf** Action from day one of the AIG Women's Open.
12.00 NOON LIVE **Women's Golf** Coverage of day two of the Women's Open, the Major Championship event, which takes place at Walton Heath in Surrey.
7.00 PM LIVE **PGA Tour Golf** Coverage of day two of the FedEx St Jude Championship, which takes place at TPC Southwind in Memphis, Tennessee.
11.00 **Women's Golf** Action from day two of the AIG Women's Open, the Major Championship event from Walton Heath in Surrey.
12.00 M'T **Hall or Nothing: Georgia's Story**
1.00 AM **Women's Golf**
2.00 **Playing Lessons**
3.00 **Women's Golf**
4.00 **PGA Tour Golf**
5.00 **to 6.00** AM **Playing Lessons**

TNT Sports 1

410 410 870 | 527 | 408 430

6.00 AM **MotoGP Highlights**
7.00 **WWE Raw Highlights**
8.00 **WWE NXT Highlights**
9.00 **Premier League Preview**
10.00 **Premier League: Big Interview**
10.30 LIVE **AFL Collingwood Magpies v Geelong Cats.** Coverage from Melbourne Cricket Ground. Bounce-up **10.50am**.
1.30 PM **Badminton Weekly**
1.45 **Rio Ferdinand's Between the Lines** With Bruno Fernandes.
2.15 **Premier League Review**
5.15 **Ligue 1 Highlights**
6.15 **Ligue 1 Goals of the Season**
7.15 **Ligue 1 Show** A look ahead to the first day fixtures in Ligue 1.
7.45 LIVE **Ligue 1** Coverage of a French top-flight encounter.
10.00 **Premier League Preview**
10.30 **Premier League: Big Interview**
11.00 **WWE NXT Highlights**
12.00 M'T **WWE SmackDown Highlights** Wrestling action.
1.00 AM LIVE **WWE Friday Night SmackDown** Wrestling.
3.00 **Ariel Helwani Meets**
3.30 **Premier League Preview**
4.00 **Joe Cole Cast** John Barnes.
4.30 **Currie Club**
5.00 **to 6.00** AM **What I Wore**

TNT Sports 2

411 411 871 | 528 | 409 431

6.00 AM **Fishing: On the Bank**
7.00 **World Rallycross Championship Highlights**
8.00 **UEFA Documentaries**
9.00 **UEFA Champions League**
12.00 NOON **UEFA Champions League** A qualifying match.
1.30 PM **UEFA Champions League** Action from a qualifying match.
3.00 **MotoGP Rewind**
3.15 LIVE **Sri Lanka Premier League Dambulla Aura v Galle Titans.** Coverage of the Twenty20 encounter.
7.15 **AFL** Action from Collingwood Magpies v Geelong Cats.
9.15 **Inside Serie A**
10.15 **UFC: The Ultimate Fighter**
11.15 **Badminton Weekly**
11.30 **MLB Plays of the Week**
12.00 M'T LIVE **MLB New York Mets v Atlanta Braves.** Coverage of the National League match from Citi Field. Start-time **12.10am**.
3.30 AM **MLB: Off The Bat**
4.00 **TNT Sports Reload**
4.30 **to 6.00** AM LIVE **AFL North Melbourne Kangaroos v Essendon Bombers.** Coverage from Marvel Stadium in Melbourne. Bounce-up **4.45am**.

TNT Sports 3

417 417 874 | 529 | 410 432

6.00 AM **Ligue 1** Highlights.
3.00 PM **Ligue 1 Show** A look ahead to the opening day fixtures.
3.30 **T20 Cricket Highlights**
6.30 **Premier League Preview** A look ahead to the first round of fixtures of the 2023/24 season.
7.00 **Original Documentary** The influence of Kerry Packer.
8.30 **Major League Cricket Highlights** Action from the Championship match.
9.00 **MotoGP Highlights** Action from the British Grand Prix, which took place at Silverstone.
10.00 **Fishing: On the Bank** Action from the Sea Angling Classic.
11.00 **Joe Cole Cast** Stuart Pearce talks about his dramatic rise from electrician to England captain.
11.30 **Currie Club** Darrell Currie takes a look back at Rangers' 2021/22 UEFA Europa League campaign.
12.00 M'T **Ligue 1** Football action from France's top division.
1.00 AM **AFL** A replay of Collingwood Magpies v Geelong Cats.
3.00 **Major League Cricket Highlights** Action from the Championship match.
3.30 **to 6.00** AM **Cricket Classics: West Indies v England**

Sky Sports Action

407 407 865 | 517 507 | 426 446

6.00 AM **Fight Night International**
7.00 **Richard Torrez Jr: The Gentleman Boxxer**
7.30 **Made in Mexico**
8.00 LIVE **NPC Rugby Counties Manukau v Hawke's Bay.** From Navigation Homes Stadium in New Zealand. Kick-off **8.05am**.
10.00 **Made in Mexico**
10.30 **Fight Night International**
11.30 **NFL Bitesize Highlights**
12.00 NOON **Good Morning Football**
3.00 PM **NFL Bitesize Highlights**
3.15 **NY Jets Flight 2023: Ascension**
6.00 **NBC's Pro-Football Talk**
8.00 **Richard Torrez Jr: The Gentleman Boxxer**
8.30 **Made in Mexico**
9.00 **NFL Hard Knocks**
10.00 **Chicago Bears**
10.30 **One Jets Drive**
11.00 **Total Access** NFL news.
12.00 M'T **NFL Hard Knocks**
1.00 AM **NBC's Pro-Football Talk**
3.00 **Richard Torrez Jr: The Gentleman Boxxer**
3.30 **Made in Mexico**
4.00 **Fight Night International**
5.00 **Richard Torrez Jr: The Gentleman Boxxer**
5.30 **to 6.00** AM **Made in Mexico**

Sky Sports Mix

416 416 873 | 510 | 429 449

6.00 AM **PL Greatest Games**
7.00 **Premier League Legends**
7.30 **The Hundred Bitesize**
8.00 **Women's Golf** Women's Open.
9.00 **Countdown to the Ryder Cup**
9.30 **Challenge Tour Golf**
10.00 **Women's Golf** Women's Open.
11.00 **Graham Hill: World Champion**
11.30 **Indycar** From Nashville.
12.30 PM **EFL Highlights**
1.00 **EFL Cup Highlights**
2.00 **The Hundred Bitesize**
2.30 LIVE **The Hundred Northern Superchargers Women v Oval Invincibles Women.** Coverage of the match from Headingley.
6.00 LIVE **The Hundred Northern Superchargers Men v Oval Invincibles Men.** At Headingley.
9.30 **The Hundred Bitesize**
10.00 **Navarrete v Valdez: Made in Mexico**
10.30 **Richard Torrez Jr: The Gentleman Boxxer**
11.00 **Women's Golf** Women's Open.
12.00 M'T **Hall or Nothing: Georgia's Story**
1.00 AM **Betfred Super League Highlights** Top-flight action.
1.30 **The Hundred**
5.00 **to 6.00** AM **Women's Golf**

TNT Sports 4

421 421 876 | 530 | 411 434

6.00 AM **Gallagher Premiership Rugby Highlights** Recent action.
7.30 **MLB** Recent baseball action. **10.00** A chance to see Tampa Bay Rays v St Louis Cardinals.
12.30 PM **MLB Plays of the Week**
1.00 **MLB: Off the Bat**
1.30 **TNT Sports Reload**
2.00 **V8 Supercars Highlights**
4.00 **MotoGP Rewind** Action from the British Grand Prix, which took place at Silverstone.
4.15 **Badminton Weekly**
4.30 **MLB Plays of the Week**
5.00 **MLB** Recent baseball action. **7.30** A chance to see Tampa Bay Rays v St Louis Cardinals.
10.00 **MLB: Off the Bat** Recent action from Major League Baseball.
10.30 **MLB Classic: All-Star 1989** Action from the All-Star Highlights 1989 from the Anaheim Stadium.
11.00 **UEFA Documentaries**
12.00 M'T **to 6.00** AM **UEFA Champions League**

Eurosport 1

413 413 868 | 521 | 412 435

6.00 AM **Mountain Bike World Championships**
8.00 **Cycling: Road World C'ships**
9.00 **Climbing World C'ships**
10.00 **Triathlon: PTO Tour**
11.00 **Discovery Golf**
11.30 **Mountain Bike World C'ships**
1.30 PM **Cycling: Road World Championships**
2.30 LIVE **Cycling: Road World Championships** Coverage of the men's time-trial from Glasgow.
6.00 LIVE **Climbing World Championships** The women's combined event from Bern.
9.00 **Cycling: Road World C'ships**
10.00 **Triathlon: PTO Tour**
11.00 **Climbing World Champs**
12.00 M'T **British Superbikes**
1.00 AM **Hall of Fame: London 2012**
2.00 **Cycling: Road World C'ships**
3.00 **Cycling: Trials World C'ships**
4.00 **British Superbikes**
5.00 **to 6.00** AM **British Superbikes Extra**

Eurosport 2

414 414 869 | 522 | 413 436

6.00 AM **Olympic Games: La Vie Sportive**
7.00 **Hall of Fame: London 2012**
8.00 **Speedway Grand Prix**
10.00 **Cycling: Road World C'ships**
11.00 **Climbing World C'ships**
12.00 NOON **British Superbikes**
1.00 PM **BSB Highlights**
2.00 **Olympic Games: La Vie Sportive**
4.00 **Climbing World C'ships**
5.00 **Discovery Golf**
5.30 **EWC All Access**
6.00 **Speedway**
7.00 **British Speedway**
8.00 **FIA World Endurance Championship**
10.00 **Speedway Grand Prix**
12.00 M'T **Cycling: Road World Championships**
2.00 AM **Formula E**
3.00 **Porsche Supercup**
4.00 **Cycling: Road World C'ships**
5.00 **to 6.00** AM **Climbing World Championships**

Sky Sports Arena

408 408 866 | 518 508 | 427 447

6.00 AM **Fight Night International**
8.00 **Super League Highlights**
9.00 LIVE **NRL Cronulla-Sutherland Sharks v Gold Coast Titans.** Kick-off **9.00am**.
11.00 LIVE **NRL Brisbane Broncos v Parramatta Eels.** From Brisbane Cricket Ground. Kick-off **11.00am**.
1.00 PM **Boxing** Features.
2.00 **Netball World Cup**
4.00 **Super League Highlights**
5.00 **The Gentleman Boxxer**
5.30 **Made in Mexico**
6.00 **Fight Night International**
8.00 **Made in Mexico**
8.30 **The Gentleman Boxxer**
9.00 **Rugby League Highlights**
12.00 M'T **Boxing** Features.
1.00 AM **Rugby League Highlights**
2.05 LIVE **NRLW St. George Illawarra Dragons v Canberra Raiders.** Kick-off **2.05am**.
3.50 LIVE **NRLW North Queensland Cowboys v Wests Tigers.**
5.50 **to 6.00** AM **Super League Gold**

Sky Sports F1

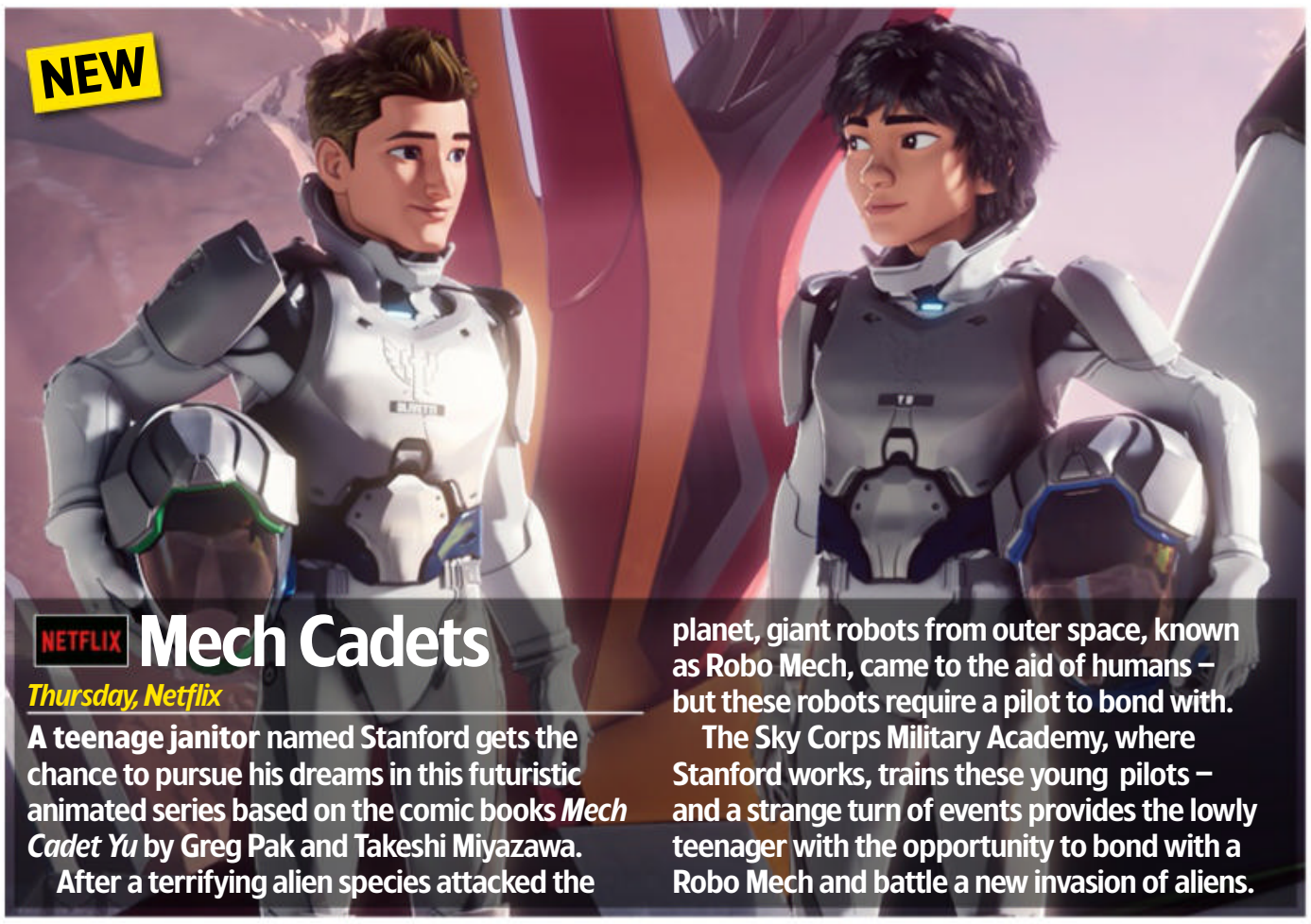
406 406 864 | 516 506 | 425 445

6.00 AM **The Home of F1**
11.00 **Graham Hill: World Champion**
11.30 **Indycar** From Nashville.
12.30 PM **Formula 1** Azerbaijan GP.
1.30 **Indycar** From Nashville.
2.30 LIVE **Indycar** Coverage of the practice session at the Grand Prix of Indianapolis race two.
4.00 **Haas Behind the Scenes**
4.20 **Fittipaldi in His Lotus 72**
4.30 **Graham Hill: World Champion**
5.00 **Indycar** From Nashville.
6.00 LIVE **Indycar** The Gallagher Grand Prix qualifying session.
7.15 **Haas Behind the Scenes**
7.25 **The Safety Car's Role In F1**
7.30 **Formula 1** Season highlights.
9.30 **Haas Behind the Scenes**
9.50 LIVE **Indy NXT** Firestone Grand Prix qualifying session.
11.00 **Indycar** A qualifying session.
12.15 AM **Haas Behind the Scenes**
12.35 **Lewis Hamilton – Eight Times**
12.45 **F1 Features**
1.00 **to 6.00** AM **The Home of F1**

SKY HD SD | VIRGIN HD | BT HD

KIDS WATCHLIST

Great shows for young viewers (from tots to teens) on linear TV and streaming



NETFLIX Mech Cadets

Thursday, Netflix

A teenage janitor named Stanford gets the chance to pursue his dreams in this futuristic animated series based on the comic books *Mech Cadet Yu* by Greg Pak and Takeshi Miyazawa.

After a terrifying alien species attacked the planet, giant robots from outer space, known as Robo Mech, came to the aid of humans – but these robots require a pilot to bond with.

The Sky Corps Military Academy, where Stanford works, trains these young pilots – and a strange turn of events provides the lowly teenager with the opportunity to bond with a Robo Mech and battle a new invasion of aliens.

NETFLIX Gabby's Dollhouse

Monday, Netflix

The youngster and her kitten, Pandy Paws, are back for an eighth series of the animation, in which they'll be shrinking down in size to explore the mini-worlds to be found inside a magical doll's house.

The adventurous duo will embark upon a magical journey aboard a mermaid cruise ship on which the passengers must find their own special sparkle – that certain something that makes them feel happy!

There'll be seven episodes to enjoy in total.

More great shows to watch this week...

House School Musical: The Musical - The Series NEW

Wednesday, Disney+

There's exciting news at East High at the start of the final-ever series. Turn back to page 16 for more details.

Blue Peter

Friday, 5pm, CBBC

Mwaksy Mudenda, Joel Mawhinney and Abby Cook welcome social-media magician Magic Singh to the Blue Peter garden, and he's promised to teach viewers at home how to master some card tricks.

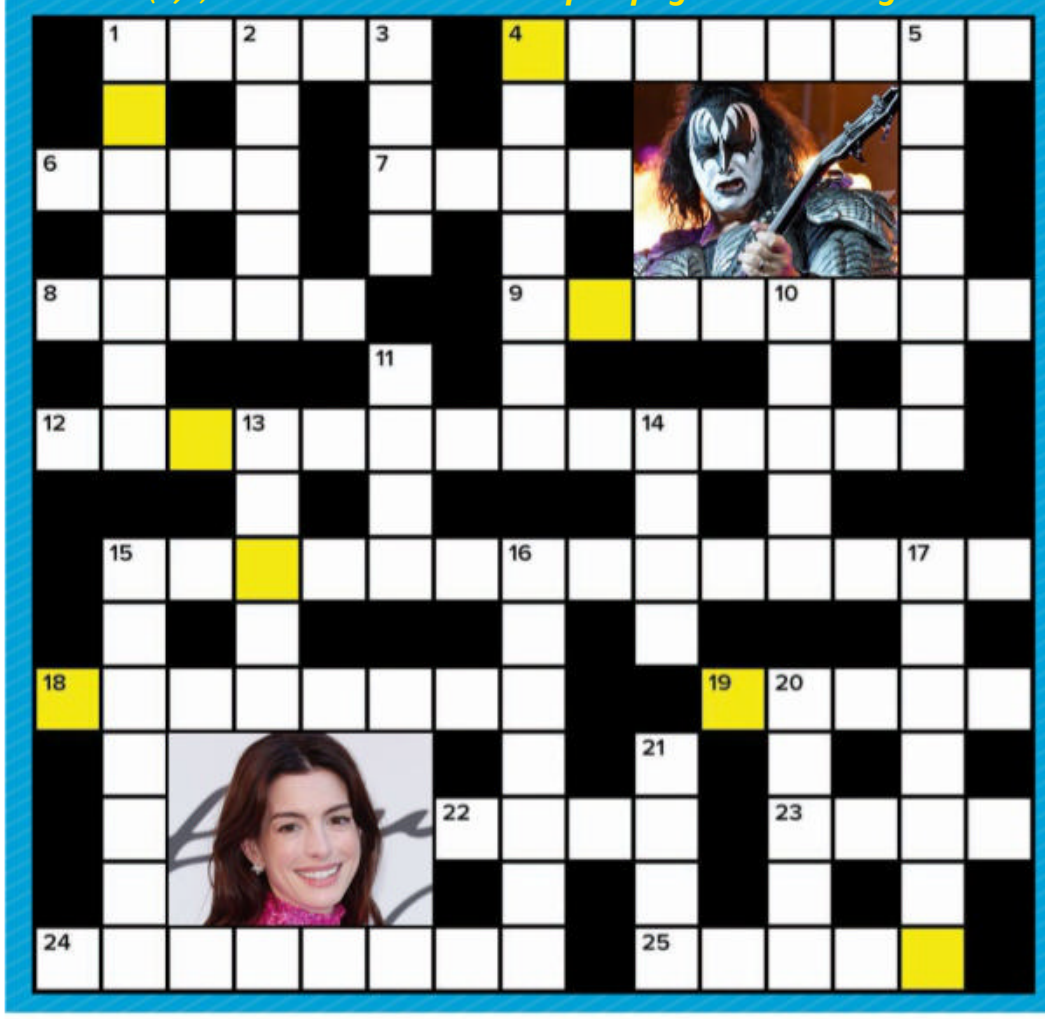
Justin's House

Monday to Friday, 8.35am, CBeebies

Summer-holiday fun with Little Monster and Justin Fletcher, which begins with a TV show being filmed in Justin Town.

CROSSWORD

Solve the clues in our just-for-fun crossword puzzle and re-arrange the shaded squares so the letters spell out the name of a Welsh actor (3,5). Answers at the bottom of the page – no cheating!



ACROSS

1 Action movie from 2008 starring Shia LaBeouf, ----- *Eye* (5)
4 Monty Python member who wrote the stage musical *Spamalot* (4,4)
6 John Sullivan sitcom that starred Ralph Bates, ---- *John* (4)
7 Holly ----, played Dr Frankie Wharton in *Waking the Dead* (4)
8 ----- Du Beke, *Strictly Come Dancing* judge (5)
9 -------- *the Dancefloor*, 2009 song by German band Cascada (8)
12 Talent show created by Simon Cowell, *The* -------- ------ (8,6)
15 Starred as Viola de Lesseps in 1999 movie *Shakespeare in Love* (7,7)
18 2002 Pixar animation, --------, *Inc* with John Goodman (8)
19 ----- McFadden, plays Phil Mitchell in BBC soap *EastEnders* (5)
22 Starred in 1999's *The Sixth Sense* with Bruce Willis, ---- Collette (4)
23 ---- Lenska, ex-*Celebrity Big Brother* contestant (4)
24 See picture clue: 2012's *The Dark Knight Rises* star, Anne -------- (8)
25 Heidi -----, ex-member of pop band Sugababes (5)

DOWN

1 Plays Demelza in hit TV show *Poldark*, ------- Tomlinson (7)
2 Swedish movie icon and star of 1939's *Ninotchka*, Greta ----- (5)
3 Westlife singer and winner of *I'm a Celebrity... Get Me Out of Here* in 2013, Kian ---- (4)
4 2002 film with Colin Firth, *The Importance of Being* ------- (7)
5 *The* -------, 2015 indie film starring Colin Farrell and Rachel Weisz (7)
10 2020 film starring Adam Sandler and Julia Fox, ----- *Gems* (5)
11 See picture clue: US rock band Kiss' frontman, ---- Simmons (4)
13 *The* -----, 1989 sci-fi movie directed by James Cameron (5)
14 Star of comedy series *Parks and Recreation*, ---- Scott (4)
15 ------- Taylor, plays Toyah Battersby in *Coronation Street* (7)
16 *The* ------- *Boys*, 2006 film starring Richard Griffiths (7)
17 Puppet duck associated with Keith Harris (7)
20 Played Sir Elton John in 2019 biopic *Rocketman*, ----- Egerton (5)
21 ITV series that starred Joanne Froggatt and Ioan Gruffudd (4)

WORDS: JAMES AVANN. PHOTOS: GETTY, NETFLIX, BBC

CROSSWORD SOLUTION

ANSWER: Eve Myles **ACROSS:** 1 Eagle 4 Eric Idle 6 Dear 7 Aird 8 Anton 9 Evacuate 12 Greatest Dancer 15 Gwyneth Paltrow 18 Monsters 19 Steve 22 Toni 23 Rula 24 Hathaway 25 Range
DOWN: 1 Eleanor 2 Garbo 3 Egan 4 Earnest 5 Lobster 10 Uncut 11 Gene 13 Abyss 14 Adam 15 Georgia 16 History 17 Orville 20 Taron 21 Liar

Coming soon

FIRST LOOK

Wilderness

Oliver Jackson-Cohen and Jenna Coleman star as a troubled couple in a tense thriller

An idyllic trek through a stunning but potentially dangerous landscape takes a terrifying twist in Prime Video's thriller *Wilderness*, airing later this year.

The series, based on B.E. Jones' novel, follows Liv and Will, played by Jenna Coleman and Oliver Jackson-Cohen, who have left their home in the UK and now lead a seemingly perfect life in New York. But cracks start to appear in their marriage after Liv finds out that Will has had an affair. When Will suggests they go on a holiday through America's National Parks to get back on track, a devastated and furious Liv begins to plot a dark revenge on her cheating spouse…

TALENTED CAST

Ashley Benson and Eric Balfour will co-star as Will's colleague Cara and her boyfriend Garth, while Marsha Stephanie Blake is Detective Rawlins and Jonathan Keltz is Detective Wiseman. Claire Rushbrook and Talia Balsam also feature.

'I'm looking forward to getting on the road, into the wilderness and the depths of beyond,' says Coleman. 'We will be exploring the boundaries of a relationship that is tested in unimaginable ways. I know this is going to make for an extraordinary trip.'

'*Wilderness* is unadulterated fun, where our heroine Liv says the things you wish you had the guts to, does the things you can only fantasise about, and lives by her own increasingly outrageous set of rules,' adds creator Marnie Dickens. 'She's lied to over and over by the man she loves. Of course she wants revenge…'

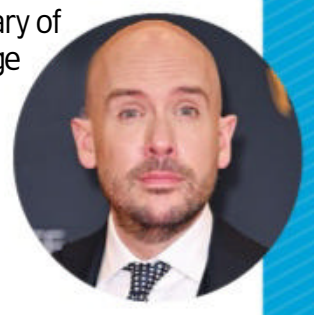
WHAT'S NEXT FOR…

Daniel Lawrence Taylor

The actor and writer's six-part BBC3 comedy drama **Boarders** will see him star as the mentor to five underprivileged Black students from London who win scholarships to a boarding school.

Tom Allen

In BBC1 special **My Big Gay Wedding**, the comedian will mark the 10th anniversary of same-sex marriage being legalised in England and Wales by arranging a lavish ceremony for one couple.



Fiona Phillips

In an as-yet-untitled ITV1 documentary, the presenter will open up about the impact of living with Alzheimer's and also undergo a drugs trial in the hope of slowing the progress of the disease.

Coming Back

Singer Mika, Claudia Winkleman and pianist Lang Lang will return for two more series and a Christmas special of C4's **The Piano**, in which talented members of the public tickle the ivories in UK train stations.

Next week On sale Tuesday 8 August

Henpocalypse!

In this BBC2 comedy, a group of friends on a hen do get caught up in the Apocalypse.

Sanditon

Charlotte (Rose Williams) faces romantic ructions in the third run of the ITVX period drama.

At Home with the Furys

Boxer Tyson Fury and wife Paris' fly-on-the-wall Netflix show.

Harlan Coben's Shelter

Prime Video's thriller centres on the disappearance of a student.

Standard Subscription rates (1 year): UK £164.99, Europe/Eire 341.40 Euros, USA $398.30, Rest of World £284.50. For inquiries, contact TV&Satellite Week Subscriptions, Freepost Future Plc, or email help@magazinesdirect.com. If you require any other issue/s of Future Plc magazines, these are available online at magazinesdirect.com, or call +44(0)330 333 1113

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We are committed to only using magazine paper that is derived from responsibly managed, certified forestry and chlorine-free manufacture. The paper in this magazine was sourced and produced from sustainable managed forests, conforming to strict environmental and socioeconomic standards.

OFFICIAL ARMISTICE CENTENARY

LEST WE FORGET

CHRONOGRAPH WATCH

"IN FLANDERS FIELDS THE POPPIES BLOW, BETWEEN THE CROSSES, ROW ON ROW..."

Three precision chronograph dials with stop/start function

Rose gold-plated casing, rose gold-toned poppy and hand-stitched leather strap

Limited to just 4,999 individually numbered editions

LEST WE FORGET ASSOCIATION

***Limited Edition** of 4,999*
Casing reverse engraved with individual edition number

Commemorate the end of the Great War and the memories of each of our heroes with an elegant timepiece. The limited edition *Official Armistice Centenary Lest We Forget WWI Men's Chronograph Watch* is unique to The Bradford Exchange and **officially endorsed by the Lest We Forget Association. Limited to just 4,999 editions worldwide, each is individually numbered.**

LUSTROUS ROSE GOLD-PLATING AND GENUINE LEATHER

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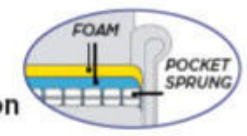

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